

Love, Attitude, Self-Disclosure and Investment Model

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Date Received: October 12, 2019; Date Revised: April 6, 2020

Abstract –The main objective of this study was to explore the relationship between love attitude, emotional self-disclosure, and investment model of individuals with long-distance relationships towards the creation of an intervention program. Mixed method of research was utilized in the study. A total of 150 respondents were involved in this study. The study was conducted at the Batangas province. The respondents showed eros and agape as their love style, with happiness as the dominant emotion that they disclosed and had a relationship satisfaction with their partner. There were significant differences between sex and ludus, and commitment level. The respondents' age had significant differences between ludus, storge, pragma, agape, depression, anxiety, anger, satisfaction level, and investment size. On the other hand, the relationship status affects storge, and happiness. Likewise, the length of their relationship had differences with storge, pragma, depression, happiness, anxiety, anger, calmness, and investment size. Differences were also found between length of being in a long distance relationship and eros, pragma, and agape. Relationship satisfaction was correlated to the love types eros, ludus, and agape. Quality of alternatives was correlated to ludus, storge, and agape.

Keywords –storge, pragma, depression, happiness, anxiety, anger, calmness, and investment size

INTRODUCTION

Long distance relationship is now a common thing in the society, particularly in the Philippines. With the influx of working Filipinos seeking greener pastures in a different country, couples in a relationship had to be contented with long distance relationships. Long distance relationship (LDR), also known as long distance romantic relationship (LDRR) is a relationship going beyond geographical locations, while still maintaining a commitment to love each other. Of course, it lacks the usual face-to-face contact that strengthens the relationship. However, such relationships benefit from the presence of easier and

Asia Pacific Journal of
Education, Arts and Sciences

Vol. 7 No.2, 27-39

April 2020

P-ISSN 2362-8022

E-ISSN 2362-8030

www.apjeas.apjmr.com

ASEAN Citation Index

faster communication in today's modern world. The absence of his or her partner is augmented by the use of social media which fosters frequent communication among them.

Researchers had recognized six styles of love that assimilate their introduction about romantic relationships, specifically the love and color. They showed both fixed character mentalities and more adaptable attitudes. An individual's comparative result on this measurement may vary at some point. However, in majority of the researches, it showed that one attitude of love is prevalent [1].

According to study [2], love is a complex and extreme feeling. John Alan Lee proposed the six styles of love. An individual may have an incomparable love style. But, individuals will have a couple of interchange styles. Moreover, love style may vary at some point in perspective of experience and connection with partners. The six styles of love are Eros, Storge, Ludus, Pragma, Mania and Agape. Eros is regularly experienced as nostalgic kind of love [3]. Storge has a tendency to be enduring and to be devoted in their relationships. Ludus recognizes love as a redirection that they are just playing a game. Pragma is more on practicing the rules. Mania is the obsessive style of love while agape is centered more in giving and taking care of their partner's needs and wants.

Self-disclosure implies uncovering himself to another person, specifically a significant person. Self-disclosure influences closeness of relationships; that affects the love style an individual possesses. Disclosures that are excessively intimate often feature character and personality weakness and flaws, which diminish attraction.

Self-disclosure boosts attraction. When people disclose their weakness, deepest thoughts, realities and information about themselves, other individuals feel a sense of closeness to them. Emotional disclosures tend to increase the feeling of closeness than factual disclosures. Contrarily, disclosures that are personal and too general reduce the sense of closeness. People are

seen as insecure individuals when they make early intimate disclosures in relationships, thus decreasing attraction [4]. There are two steps in the self-disclosure process. First, individuals must make a disclosure of themselves that is not excessively general and intimate. Second, disclosure needs to be accepted with compassion and respect. An opposing response to a sincere disclosure can result to an instant end of a relationship. Often, self-disclosures are mutual. This means when an individual discloses himself, the receiver will probably disclose himself too. A sense of closeness results from the exchange of personal stories or information. When an individual makes self-disclosures and the other does not reciprocate it, it is more likely that the relationship is not advancing and is probably going to end. Self-disclosure is a comfortable gesture and acts as a strategy to maintain a relationship [5].

The Investment Model is a postulate about commitment in the relationship. The four constructs under this are commitment level, satisfaction level, quality of alternatives, and investment size. Commitment level is the level or degree that an individual intends to stay in the relationship. Relationship satisfaction is the degree that the relationship fulfilled the needs- intimacy, sex, companionship, security and emotional involvement. The degree that an individual believes that satisfaction needs could be fulfilled in another relationship is called quality of alternatives. On the other hand, investment size pertains to the measurement of perceptions of time invested, interconnected identity, memories, and shared experiences [6].

The researchers wanted to know the effect that being in long-distance relationships could bring into their perspective and attitudes toward love and relationships. The researchers studied the topic in order to widen the knowledge about love attitudes, self-disclosure and investment theory model. Also, the researchers could propose a possible intervention program regarding the views of the respondents based on the result of the study.

OBJECTIVES

The main objective of this study was to explore the relationship between love attitude, emotional self-disclosure, and investment model of individuals with long-distance relationships towards the creation of an intervention program. Specifically, it aimed to determine love attitude, emotional self-disclosure and investment model construct; compared the significant differences between the variables of the study when

grouped according to profile in terms of sex, age, relationship status, length of relationship, and length of long distance relationship and established a possible relationship among the variables of this study.

METHOD

Research Design

Mixed method of research was utilized which was characterized by the combination of at least one quantitative and one qualitative research component [7]. It included gathering, analyzing and coordinating quantitative and qualitative research. Specifically, this study employed the sequential explanatory design where quantitative data were obtained through questionnaires followed by the qualitative data that were obtained through interview where questions were aligned from the questionnaires. Descriptive and inferential statistics were utilized in analyzing the data that were obtained.

Participants

The participants of this study were individuals who are in a long-distance relationship. The study adapted Erik Erikson's psychosocial stages of development regarding the age of the participants. The participant's age was in the range of 18 to 35. A total of 150 respondents were involved in this study. The study was conducted at the Batangas province.

Most participants (78.7%) who participated in the study were females. As for the age of the respondents, the age bracket 18 to 30 years old had the highest percentage with 37.3%. It was quite impossible to balance the number of respondents regarding the relationship status; married individuals were more interested in this study obtaining 58.7%. Couples that spent 1-10 years of being in the relationship were 52.7%. Lastly, in terms of the years spent being in a long-distance relationship, couples who experienced 1-10 years had the highest percentage with 52.7%

Measures

Love Attitude Scale (LAS). This questionnaire was developed by Hendrick and Hendrick [20]. This was used to measure attitudes toward love. The scale consists of 42 items. It consists of six (6) subscales with seven (7) items each: Eros (passionate love), Ludus (game-playing love), Storge (friendship love), Pragma (practical love), Mania (possessive, dependent love), and Agape (altruistic love). The questionnaire is a 5-point Likert scale, ranging from 1 (strongly agree), 2 (moderately agree), 3 (neutral), 4 (moderately disagree), 5 (strongly disagree). It is also important to note that

their current partner must be in their mind while answering the questions then cores will be added and the love style will be identified by finding the highest score. The subscale that will have the highest score will be their dominant attitude towards love. The scale has a high reliability and validity with internal consistency of 0.706 to 0.818. Emotional Self-Disclosure Scale (ESDS) is 40-item scale which was developed by Snell, et al. (1990). This scale was developed to assess an individual's tendency to reveal and discuss a specific emotion, both positive and negative, with recipients. There is high internal reliabilities on each of the subscales on three specific recipients – male friends, female friends, and lover/spouse. The scale consists of eight (8) subscales with five (5) items each: Depression, Happiness, Jealousy, Anxiety, Anger, Calmness, Apathy, and Fear. Letters will be indicated as to the scale of the response. The codes for the scale are A = I have not discussed this topic with my councilor, B = I have slightly discussed this topic with my councilor, C = I have moderately discussed this topic with my councilor, D = I have almost fully discussed this topic with my councilor, and E = I have fully discussed this topic with my councilor. Each code corresponds to a score: A=0, B=1, C=2, D=3, E=4. The items under each subscale will be added. Higher scores corresponds to greater emotional disclosure. The scale's internal reliability ranged from 0.83 to 0.95.

Investment Model Scale (IMS). This instrument is a 29-item scale developed by Rusbult, Martz and Agnew (1998). It measures the four constructs of the investment model (Rusbult, 1980): commitment level, relationship satisfaction, quality of alternatives, and investment size. This scale is a 9-point Likert scale ranging from 0 (not at all agree) to 8 (completely agree). The scale has good reliability for the global and facet items designed for each construct. Alphas ranged from 0.82 to 0.95 global items, while alphas ranged from 0.73 to 0.93 for the facet items.

The Interview Guide consisting of 15 open-ended questions that was formulated by the researchers, which refers to the variables of the study that includes Love Attitude, Emotional Self-Disclosure, and the Investment Model (commitment level, relationship satisfaction, quality of alternatives, and investment size). This helped for a full understanding of the underlying responses, opinions, and motivations. It also aided to develop ideas and hypothesis on the qualitative research study and the time per interview was in an average of 10-20 minutes.

Procedure

The researchers consulted and proposed a topic to the study's adviser. Afterwards, the proposed topic was favored by the adviser. Upon approval, the researchers gathered data from the targeted number of respondents. In data gathering, the researchers used two strategies. First, the researchers approached the target respondent, formally greeted them and introduced themselves. Next, they politely asked if they are willing to participate in the study. Once the respondents agreed, consent forms were handed out to them for the terms and conditions. As the respondents signed the forms, they were introduced to the variables of the study and what the study is all about. The second strategy was using the social media platform, specifically Facebook and Google Forms, where the researchers messaged the target respondents, formally introduced themselves, explained what the study is all about, and asked for their willingness and consent in participating in the study. Once they agreed, a link to the Google form was sent. Some respondents were interviewed after answering the questionnaires. After the respondents have finished answering, the researchers actively thanked them. Lastly, after gathering all the data, the researchers tallied, checked and encoded the quantitative data using Microsoft Excel then sent the data to the assigned statistician for the statistical treatment, analysis and interpretation. On the other hand, the qualitative data were transcribed and analyzed to identify an emerging theme.

Data Analysis

This study used different phases in analyzing the data. First, descriptive statistics was used to know the frequency of the respondents' demographics. Second, summation of scores was used to determine the love attitude and emotional self-disclosure. On the other hand, weighted mean was used to determine the construct of investment model. Analysis of Variance or ANOVA was utilized to test if there is a significant relationship between the three variables compared to the respondents' demographics. Meanwhile, Pearson r was utilized to correlate the variables of this study.

Lastly, the researchers utilized the Interpretative Phenomenological Analysis (IPA) in analyzing qualitative data. With this, the writers were able to understand the love attitude, emotional self-disclosure and construct of investment model of the individuals in long distance relationships, and how these affect them in their everyday life. It is a relatively recent qualitative approach that tries to understand participants' lived experiences and how they make sense of these. Data

were gathered from 12 respondents through interview with the use of simple questions after answering the questionnaires. The qualitative data were also organized into conceptual categories called codes. These codes serve as a label for the compiled descriptive information which are the words or phrases from the interview with the participant.

RESULTS AND DISCUSSION

Table 1 displays the love attitudes among respondents. The researchers used the score indicated in the questionnaire. For easier scoring and interpretation, the scoring is reversed. Therefore, Eros obtained the lowest mean score of 14.520, ranking in number 1. In rank number 2 is Agape with mean score of 15.287, rank 3 is Storge. Pragma (= 16.673) and Agape (= 20.520) is in ranks 4 and 5 respectively. Ludus is in the lowest rank having the highest mean score (23.007).

Table 1. Love Attitude among Respondents (n = 150)

	Σof scores	Rank
Eros	14.520	1
Ludus	23.007	6
Storge	16.307	3
Pragma	16.673	4
Mania	20.520	5
Agape	15.287	2

Scoring is kept continuous. Identify the love style by finding the lowest score.

This indicates that Eros is the dominant love type of individuals with long distance relationship. They stay in the relationship as long as it feels compelling. They believe that they have the right physical "chemistry" between them. It is the love type that feels like being "head over heels" with their partner. As indicated in Table 2, a respondent said "*Serious ako bilang asawa nya at siguro ganun din naman sya kasi hindi na kami mga bata para maglokohan. 'Di ba 'yung mga boyfriend/girlfriend dyan, 'di ba wala pa silang commitment eh, pero 'pag mag-asawa na... ahh, once na nagpakasal, iisipin mo ito na, wala ka nang iisiping iba*" The second love type that these individuals have is Agape, which means the center of their love is giving and caring for their partner and prioritizing their partner's needs. This can be proven in a response of an interviewee (see Table 2), "*Ayy 'pag bakasyon sya sinisigurado ko ngang time ko sa bahay lang ako. Hindi ako umaalis kahit may ano ako sa labas... yung aalis with friends? Inaano ko yun, kina-cut ko yun. Kung dati*

may work ako sa barangay, nagle leave ako ng 2 months o kaya 1 month para lang sa asawa ko". Storge is the third love type that the individuals with long distance relationship have. These individuals value companionship, so their love sometimes grows out of friendships. Most respondents stated that their relationship started out as friends. Fifth and sixth love types are Pragma and Mania. These love types are into practicality and possessiveness, respectively. Pragmatic individuals tend to choose a partner that will meet their needs; may it be social or financial. Respondents commented about using their partner and relationship as a source of inspiration, and self-growth, Mania, being an obsessive love type, has jealousy as an issue in their relationship. These individuals are emotionally dependent and need to be reassured constantly. Lastly, Ludus is a game-playing love type. Ludic individuals are deceptive and manipulative in their relationships. This is the last love type that individuals with long distance relationship have.

Despite limited interaction, Long Distance Relationship partners evidence greater relational stability than partners in geographically close relationships. Study investigated speculations about romantic idealization as a key component in LDR stability. Idealization (i.e., idealistic distortion, romantic love, relational reminiscence, perceived agreement) and satisfaction with communication was more pronounced in LDRs than GCRs. Idealization was also associated with infrequent face-to-face communication. LDDRs were more stable than GCDRs as long as LDDR partners remained geographically separated, but LDDR partners were likely to terminate their relationship upon becoming proximal. Longer absences between face-to-face visits and extreme idealization during separation predicted instability upon reunion [8].

Table 2 shows the qualitative viewpoint of the respondents regarding their attitudes towards their partner and relationship. The respondents were asked as to how they spend their time together, how important is their relationship, how did their relationship started, and how do they keep their love for each other.

The responses seemed to contradict the quantitative data. In quantitative data, it showed that Eros is the dominant love style. The qualitative data showed the emergence of valuing human relationships by social interaction. They spend quality time whenever they are together and having the relationship as a source of inspiration and personal improvement. These individuals also keep their faithfulness, trust and commitment to maintain the relationship.

Table 2. The Emergence of the Theme Valuing Human Relationships for the Variable Love Attitude among Individuals with Long Distance Relationship

Respondent No.	Transcript	Emerging Concept	Sub-Categories	Category	Theme
1	“We want to have as much quality time as possible...if he gets to find the time then we go out of town, ahh, the usual things families do yun	Spending Time			
3	“Ayy ‘pagbakasyons’yasinisiguradokong ang time ko sabahaylangako. Hindi akoumaaliskahit may anoakosalabas...yungyungaalis with friends? Inaano ko ‘yunkina-cut ko ‘yun. Kung dati may work akosa barangaynagleleaveako ng 2 months o kaya 1 month para langsaasawa ko.”				
7	Yes, because the relationship I have with him now parang, ano one of my inspiration para magtapos ng pag-aaral”	Being inspired by the relationship	Interpersonal Values		
9	“It is very important to me in a way it develops the both of us in all aspects”	Sense of Personal Improvement			
1	“Yung constantly communicating with the person, that is already keeping the love alive, ahh”	Being open			
1	“Telling him I love you or you missed the person because, you know, parang ang liliitng ng bagay but all of these simple gestures, ahh.. bound to keep the love between you and your partner forever”	Being affectionate		Social Interaction	Valuing Human Relationship
9	“We keep our love for each other by having trust, being faithful”	Sense of trust and faithfulness			
3	Una ang Panginoon ang tumutulongkasilagingyan ang sandata ko, si Lord kasiSiyalang din ang nakakakitasakanyadoon ‘di b? Ipinaubaya ko kay Lord lahatkasi, Angel, napakahirap ng isangmisisna OFW”	Sense of faith			
1	“We have plans for the future, okay, it’s always long term when we talk of, ahh, things we want to do together, and the things we want to achieve as husband and wife, as parents”	Sense of optimism	Personal Values		
3	“Serious akobilangasawanya at siguroganun din namansyakasihindina kami mgabata para maglokohan. ‘Di bayungnga boyfriend/girlfriend dyan ‘di bawala pa silang commitment eh, peropag mag-asawana... ahh, once nanagpakasal, iisipin mon aitona, wala ka nangiisipin pang iba	Sense of commitment			

Individuals with long distance relationships reported higher levels of relationship quality, as well as higher levels of dedication to their relationships and lower levels of feeling trapped (i.e., felt constraint), but were similar to individuals who are not in long distance

relationships in terms of perceived and material constraints [9].

Table 3. Emotional Self-Disclosure Among Respondents (n = 150)

	Σof scores	Rank
Depression	17.420	3
Happiness	18.800	1
Jealousy	16.573	7
Anxiety	17.020	4.5
Anger	16.847	6
Calmness	17.020	4.5
Apathy	16.127	8
Fear	17.853	2

CODING INSTRUCTIONS FOR THE ESDS ITEMS: Each and every item is coded so that: A=0, B=1, C=2, D=3, and E=4. The five items on each subscale are then summed, so that higher scores correspond to greater emotional disclosure for each type of emotion, as measured by the eight subscales on the ESDS.

Table 3 displays that between these eight (8) subscales the highest mean score is Happiness with 18.800, and it leads to be in rank 1; followed by Fear in rank 2 with 17.853. Rank 3 was Depression with the mean score of 17.420 and rank 4.5 was Anxiety, and Calmness with equal mean score of 17.020 respectively. In rank 6 was Anger with 16.847; rank 7 was Jealousy with 16.573. Lastly, Apathy was in Rank 8 with the mean score of 16.127.

It implies that Happiness is the dominant emotion that is being disclosed to their partner by individuals in a long distance relationship. These individuals rather talk about happiness more to alleviate the stress from work/school, and sadness they feel from being away from each other. In table 4 on the next page, respondents said that the topics they talk about most of the time were about work, school, future, and other interesting topics like show business. The second emotion that they discuss is Fear; when they talk about what might happen in the future. Feeling of being pessimistic is discussed also by the respondents. It may be related to a response from a respondent in Table 3 that because of their relationship, they both develop in all aspects. In rank 4.5 are anxiety and calmness. They discuss topics that they felt worried, and calm. As seen on table 4, individuals tend to worry when their partners are not communicating with them. Some respondents feel calm when their partners are not communicating with them because they feel assured and secures. On the fifth rank is anger. They also disclosed being irritated maybe when they talk about family matters like for instance, when their child is being naughty. Jealousy is somewhat less discussed. A respondent reiterated that

they ought not to tell their partners about instances when they feel that their partner will get jealous to avoid misunderstandings. On the other hand, apathy is less discussed. An example here is avoiding sharing problems to their partner. Individuals in long distance relationships opt not to share their problems to their partner. It is because they do not want to add their problems to the burden of their partner who is far away from home.

LDRRS are hard to maintain, and to make them work, open communication is a must, trust is the key, planning ahead is essential, healthy expectations are integral, and an understanding of what both partners need in order to stay happy and emotionally connected is absolutely necessary [10]. A long-distance relationship requires commitment from both partners to work. It requires communication and trust. The findings revealed major relational issues experienced by college students who are in LDRR as well as effective communicative practices for successful LDRR, which include consistently using prosocial maintenance behaviors, trusting self and partner, and setting mutual goals. [11].

In table 4, it is discussed that communication is a key in maintaining the relationship. It is associated to the quantitative data. The respondents' emotional disclosure was determined by their individual interests characterized by their personal viewpoint which is composed of the social and private concerns. These individuals opt not to tell their partners some problems and incidents that may cause their partners to worry and be stressed.

Being in a long distance relationship can be tough, especially when it comes to communication. Although they have established their love for their partner, they still tend to have difficulties in expressing love when they're not with them. Being honest and open, whether it's over a phone call, video chat, or even text message, will help strengthen their relationship, no matter how far away they are.

Table 5. Investment Model among Respondents (n = 150)

	Mean	Rank
Satisfaction Level Facet	3.321	1
Quality of Alternatives Facet	2.249	4
Investment Size Facet	3.153	2
Commitment Level	3.089	3

Scoring and Interpretation: Note that you simply average the items assessing each construct to score each construct. And there are no scoring norms. The higher the score of the construct means the dominant of the construct.

Table 4. The Emergence of the Theme Individual Interests for the Variable Self-Disclosure among Individuals with Long Distance Relationship

Res. No.	Transcript	Emerging Concept	Sub-Category	Category	Theme
7	“Yung sa akin, tungkolsa school... tapos ‘yung sakanyaman ‘yung satrabahokasinagtatrabahos’ya”	Talking about school & work-related topics	Social concerns		
9	“How to face every problem together that will come to us”	Finding solution to problems			
9	“We talk most of the (time) about our future with each other”	Talking about the future			
2	“Halimawasa group of people tapos andun ‘yung kinakaselosann’ya, hindi ko sinasabinaanduns’ya para hindinalangs’ya mag-isip ng kung ano”	Avoiding arguments/ misunderstanding	Private concerns	Personal Viewpoint	Individual Interests
3	“Hangga’tmaarihindiakopwedeng mag-anosakanya ng problema, magsabi ng problemakasi alam ko ‘yung katayuan ng nasamalayo. Halimbawanasa work s’ya, malalamann’yang may problema ditosa Pilipinas, ‘di bamagwoworry s’ya? Kung madisgrasya pa s’ya ‘dun? Kaya most of the time naano, after masolusyunan ko na ang problemasaka pa nyamalalaman.”	Protecting partner from worry			
4	“Wala kasi halos lahatsinasabi ko sakanya and ganun din namans’ya sa akin”	Being open			

Table 5 implies the constructs of the Investment Model. The Satisfaction Level Facet had the highest mean of 3.321 and having the 1st rank. In rank 2 is the Investment Size Facet with the mean score of 3.153, then rank 3 is Commitment Level Facet with 3.089. In the last rank is Quality of Alternatives Facet with 2.249.

The preeminent construct for long distance relationships is Satisfaction Level Facet. It is evident in the data gathered in the interview guide as seen on table 6. A response was “*Satisfied ako kasi ang in-aim ko makapag-aral yung mga anak namin kaya ang resulta kita ngayon ahh graduate na silang lahat*”. Most respondents were satisfied being in a long distance relationship because having their partners working in another country solved their economic problems.

Second is the Investment Size, wherein the respondents put a great deal in the relationship. They exerted extra effort, and time. They had many memories and secrets shared with each other. The length of being in the relationship, overcoming challenges together, openness with each other, and doing what their partner wants explain the investment they put in the relationship. Third construct is the Commitment Level. They are oriented that their relationship is long term and they are unlikely to date anyone. This is proven from a respondent’s statement, “*Actually, we’re getting married next year*”. Quality of alternatives is not that preeminent despite being in a long distance relationship. The respondents still long for the physical presence of their partner, which is obvious in Table 6.

Table 6. The Emergence of the Theme Quality of Life for the Variable Investment Model among Individuals with Long Distance Relationship

Res. No.	Transcript	Emerging Concept	Sub-Category	Category	Theme
1	“I would say we’re still, there’s also challenges but all of this are things that make us want to go the distance okay as husband and wife because we’re not just husband and wife actually we are very good friends we started actually ahh we started out as friends so that kind of relationship.”	Sense of commitment			
2	“Sigurosa 1 to 10, ano, commitment, seven. Oo naman, yes, kapag ‘yung sa personal... alam na namin ‘yung sa isa’t isa. Lahat sinasabi namin sa isa’t isa”	Sense of openness			
3	“Ahh, malawakna commitment ko sa kanyahahasince 32 years na kami together e. Syempre ang commitment ko sakanya, siguro ‘yunnanga ‘yung tinatawagnilang forever na, angel... na ‘yun ang talagangdinadasal, ‘yun ang talagangminimithi ng mag-asawana forever nawalanangibanginiisip ‘yun... talagang para sa akin at alamkong ‘yun ang pinagdadasal ko lagina ‘yunna forever nahahahasanahahaha”	Sense of faith and commitment	Personal Attitude	Individual Character	Quality of Life
3	“Satisfied namanakokasisabi ko nga sa’yo ‘yungpagtitiis, pagtitiyaga, ano ‘yan, nasatao ‘yan kung pursigido. Satisfied akokasi ang in-aim ko makapag-aral ‘yungmganakinamin kaya ang resultakitangayon ahh graduate nasilanglahat”	Feelings of satisfaction and accomplishment			

Table 6 displays the qualitative analysis with regard to the investmentmodel. The emergence of the theme quality of life was characterized by their individual character. Their personal attitude included their sense of commitment, faith and openness, and feelings of satisfaction and accomplishment. The Investment Model constructs of commitment, relationship satisfaction and investment size emerged from their responses.

Long distance relationships have the challenges of time, space, and few physical encounters. He studied this in a naturalistic inquiry wherein he examined long

distance relationships satisfaction and the way they communicate through media devices. These participants were interviewed about the level of satisfaction of the relationship and the type of media they use to communicate and maintain their relationship. Physical embracement (physical contact, such as kissing and hugging), self-disclosure (revealing information about oneself), and positive communication (communication that relies on the positive side of situations, instead of the negative) are important aspects that couples in long distance relationships consider to be very important in managing their relationship [12].

Table 7. Differences on Love Attitude when grouped according to Profile Variables (n = 150)

	t	Sex p-value	VI	F	Age p-value	VI	F	Status p-value	VI	F	LoR p-value	VI	F	LoLDR p-value	VI
Eros	0.27	0.788	NS	0.676	0.568	NS	1.554	0.122	NS	1.223	0.297	NS	3.675	0.028	S
Ludus	2.112	0.036	S	2.858	0.039	S	1.234	0.219	NS	2.461	0.089	NS	0.490	0.614	NS
Storge	0.184	0.855	NS	9.121	0.000	S	-2.77	0.006	S	15.26	0.000	S	0.984	0.376	NS
Pragma	-0.74	0.464	NS	3.62	0.015	S	-1.93	0.055	NS	9.880	0.000	S	3.249	0.042	S
Mania	1.013	0.313	NS	2.22	0.088	NS	-1.53	0.129	NS	3.00	0.053	NS	0.505	0.605	NS
Agape	1.018	0.31	NS	4.066	0.008	S	-0.57	0.567	NS	2.671	0.073	NS	4.249	0.016	S

For interpretation: Mean difference is significant at 0.05 level VI = Verbal Interpretation, S = Significant, NS = Not Significant
Sex = Sex, Age = Age, Status = Relationship Status, LoR = Length of Relationship, LoLDR = Length of Long Distance Relationship

It is noted in table 7 that there were significant differences between sex and Ludus with p-value = 0.036. Significant difference was also found between age and Ludus (p-value = 0.039), Storge (p-value = 0.000), Pragma (p-value = 0.015), and Agape (p-value = 0.008). Also, the status affects Storge (p-value = 0.006). On the other hand, the length of relationship affects Storge and Pragma with p-value = 0.000 respectively. The length of being in a long distance relationship affects Eros (p-value = 0.028), Pragma (0.042), and Agape (p-value = 0.016).

A significant difference is found when Ludus is compared by sex. Researchers assumed that males are more ludic than females. Males can get over love affairs easily and quickly. An individual's age also influences Ludus, Storge, Pragma and Agape. Age groups between 31-40 years old are also more Ludic than any other age groups. These people believe that what their lover does not know about them will not hurt his/her partner. On the other hand, individuals between 18-30 years old, and in a relationship/married for already 1 to 10 years are Storgic and Pragmatic. These people from the age group of 18-30 tend to believe that love is a deep friendship, not a mysterious, mystical emotion. Also, they consider what a person is going to become in life before they commit myself to him/her. Individuals who are in a relationship/dating tend to be more Storgic. According to them, their friendship merged gradually into love over time. Having their partners away from them for about 1 year to 10 years, these individuals are more Pragmatic. They take into consideration the background of their partners, and how their partners would look in their career and family. Furthermore, Eros and Agape are the love types of individuals being in a long distance relationship for 11-20 years. These people really understand their partner and would endure all things for the sake of their partner.

Significant gender differences were found on Ludus, Storge, Pragma and Agape love styles. Males

were more ludic, storgic, pragmatic, and agapic in their love styles than were females. Significant relationships were also found between love attitudes and current love status. Participants in love were more erotic, manic, and agapic than the participants not in love [13]. This contradicts the results indicated in table 7 wherein dating individuals were more storgic in love style.

Similar to the previous research, another research has consistently found men to utilize the Ludic style more often than women, whereas women are more likely to exhibit each of the Manic, Pragmatic, and Storgic love styles. Men may engage in more game-playing in their dyadic relationships, as opposed to women's possessive, logical, and companionate styles. This is where men were more likely than woman to be ludic lovers [14].

Ali (2013) also found that the younger respondents were prone to adopt Eros love style (romantic love). Conversely, when age of respondents increases, they were more prone to adopt Storge (friendship love) and Pragma (pragmatic love) love styles.

As showed in table 8, there were significant differences between age and Depression (p-value = 0.021), Anxiety (p-value = 0.020), and Anger (p-value = 0.015). On the other hand, relationship status and Happiness also had a significant difference with p-value = 0.006. Differences were also found between length of relationship and Depression (p-value = 0.030), Happiness (p-value = 0.000), Anxiety (p-value = 0.012), Anger (p-value = 0.016), and Calmness (p-value = 0.048).

People from ages 51 and above tend to disclose more topics about Depression, Anxiety, and Anger. These individuals are open to their partner about being unhappy, pessimistic, worried, flustered, infuriated, and irritated. Individuals from the "in a relationship" stage are more open in talking about being pleased and cheerful. They tend to discuss more about being happy to their partners.

Table 8. Differences on Self-Disclosure when grouped according to Profile Variables (n = 150)

	Sex			Age			Status			LoR			LoLDR		
	t	p-value	VI	F	p-value	VI	F	p-value	VI	F	p-value	VI	F	p-value	VI
Depression	1.444	0.151	Ns	3.338	0.021	S	1.114	0.267	NS	3.596	0.030	S	0.408	0.666	NS
Happiness	0.56	0.576	NS	6.833	0.000	NS	2.795	0.006	S	10.1	0.000	S	0.337	0.715	NS
Jealousy	0.66	0.51	NS	2.317	0.078	NS	0.418	0.677	NS	1.77	0.174	NS	2.031	0.135	NS
Anxiety	1.119	0.265	NS	3.396	0.020	S	1.392	0.166	NS	4.597	0.012	S	0.789	0.456	NS
Anger	1.047	0.297	NS	3.586	0.015	S	1.559	0.121	NS	4.277	0.016	S	0.971	0.381	NS
Calmness	1.387	0.168	NS	2.245	0.086	NS	1.253	0.212	NS	3.092	0.048	S	1.053	0.352	NS
Apathy	0.76	0.448	NS	0.874	0.456	NS	-0.29	0.770	NS	0.76	0.469	NS	2.894	0.058	NS
Fear	1.601	0.111	NS	2.542	0.059	NS	0.857	0.393	NS	2.788	0.065	NS	0.669	0.514	NS

For interpretation: Mean difference is significant at 0.05 level VI = Verbal Interpretation, S = Significant, NS = Not Significant
Sex = Sex, Age = Age, Status = Relationship Status, LoR = Length of Relationship, LoLDR = Length of Long Distance Relationship

The length of being in a relationship affects the topics that they talk about. Being in a one (1) to ten (10) year of relationship, they are more open to their partner about their emotions. They talk about topics when they feel discouraged, troubled, irritated, delighted, and serene.

The result contradicts that research about gender differences in emotional self-disclosure. In their study, they found significant difference among emotional self-disclosure and sex. Women disclosed their feelings more than men. Contrary to this, the researchers found no significant differences between emotional self-disclosure and sex. This may be because of cultural differences. Men in long distance relationships are open to their emotions [15].

Table 9 implied that there was a significant difference between commitment level and sex with p-value = 0.003. Differences were also found between age and satisfaction level (p-value = 0.009), and investment

size (p-value = 0.029). There is a difference between length of relationship and investment size (p-value = 0.034).

Males tend to be more committed in relationships. They are more oriented toward the long-term future of their relationship. Adults aging from 51 and above are more satisfied in their relationships. They said that their relationship does a good job in fulfilling their needs for intimacy, companionship, sexual needs, security needs, and emotional involvement needs. In addition to this, they tend to be more satisfied because they have seen the fruits of their sacrifice for being away from each other- seeing their children finish their studies and become successful. Investment size is more dominant to ages 18-30, and individuals from 1-10 years of being in a relationship. These individuals have invested a great deal of time in their relationship. They also have shared many private things about themselves and shared many memories together.

Table 9. Differences on Investment Model when grouped according to Profile Variables (n = 150)

	sex			Age			Status			LoR			F
	t	p – value	VI	F	p – value	VI	F	p – value	VI	F	p – value	VI	
Satisfaction	0.112	0.911	NS	3.96	0.009	S	0.752	0.453	NS	0.672	0.512	NS	1.64
Quality of Alternatives	-0.94	0.345	NS	1.658	0.179	NS	-0.83	0.405	NS	0.845	0.432	NS	1.034
Investment	-1.63	0.104	NS	3.102	0.029	S	1.33	0.186	NS	3.453	0.034	S	1.307
Commitment	-3.01	0.003	S	1.298	0.277	NS	0.079	0.937	NS	1.041	0.356	NS	2.887

For interpretation: Mean difference is significant at 0.05 level; VI = Verbal Interpretation, S = Significant, NS = Not Significant
Sex = Sex, Age = Age, Status = Relationship Status, LoR = Length of Relationship, LoLDR = Length of Long Distance Relationship

Table 10. Investment Model in Relation to Love Attitudes and Self Disclosure (n = 150)

	Sat			QAL			Inv			Com		
	rxxy	p – value	VI	rxxy	p – value	VI	rxxy	p – value	VI	rxxy	p – value	VI
<i>Love Attitude</i>												
Eros	-.428	.000	S	.056	.496	NS	-.288	.000	S	-.237	.004	S
Ludus	.187	.022	S	-.402	.000	S	.198	.015	S	.002	.984	NS
Storge	-.083	.312	NS	.174	.033	S	-.198	.015	S	-.128	.120	NS
Pragma	-.042	.614	NS	.082	.317	NS	-.068	.411	NS	-.065	.432	NS
Mania	-.103	.212	NS	-.152	.063	NS	-.172	.035	S	-.150	.068	NS
Agape	-.401	.000	S	.173	.034	S	-.419	.000	S	.320	.000	S
<i>Self Disclosure</i>												
Depression	.543	.000	S	-.295	.000	S	.484	.000	S	.178	.019	S
Happiness	.575	.000	S	.322	.000	S	.521	.000	S	.214	.009	S
Jealousy	.500	.000	S	.178	.030	S	.438	.000	S	.231	.004	S
Anxiety	.469	.000	S	-.280	.001	S	.465	.000	S	.181	.026	S
Anger	.468	.000	S	-.291	.000	S	.407	.000	S	.145	.076	NS
Calmness	.434	.000	S	-.316	.000	S	.392	.000	S	.121	.139	NS
Apathy	.362	.000	S	-.194	.018	S	.316	.000	S	.068	.409	NS
Fear	.462	.000	S	-.254	.002	S	.492	.000	S	.201	.014	S

For interpretation: Correlation is significant at 0.05 level; VI = Verbal Interpretation, S = Significant, NS = Not Significant
Sex = Sex, Age = Age, Status = Relationship Status, LoR = Length of Relationship, LoLDR = Length of Long Distance Relationship

In Table 10, relationship satisfaction is correlated to the love types Eros, Ludus, and Agape. On the other hand, quality of alternatives is associated to Ludus, Storge, and Agape. Investment size is also associated to Eros, Ludus, Storge, Mania, and Agape. Lastly, commitment level is correlated to Eros and Agape.

Eros and agape love styles have positive direct effects on dyadic coping and relationship satisfaction. Whereas, ludus has a negative direct effect on dyadic coping and relationship satisfaction; and dyadic coping partially mediated the association between love styles and relationship satisfaction. Eros and Agape to be positive predictor on satisfaction for men and women [16].

The results of correlational and multiple regression analyses done that Eros and Agape were associated with higher levels of rewards, satisfaction, investments and commitment. On the other hand, it shows lower levels

of costs and poor alternative quality. Ludus showed the opposite associations with these same variables.

The study conducted [17, suggested that those with an avoidant attachment style or a Ludus love style perceived more alternatives to their relationship. It was also unexpectedly shown that individuals with Ludus love style have higher levels of investment in their relationship. Conversely, individuals with Eros love style have greater levels of commitment to their relationship.

It is also indicated in Table 10 that emotional self-disclosure subscales are correlated to relationship satisfaction, quality of alternatives, and investment size. However, commitment level is only correlated to Depression, Happiness, Jealousy, Anxiety, and Fear.

In the study conducted there had been a surge in the number of ways in which romantic partners can remain in contact with each other. The use of communication technologies may have important implications for the maintenance of relationship satisfaction [18].

Table 11. Relationship of Love Attitude and Self Disclosure among Individuals in Long Distance Relationships (n = 150)

	Eros	Ludus	Storge	Pragma	Mania	Agape
	r_{xy}	r_{xy}	r_{xy}	r_{xy}	r_{xy}	r_{xy}
<i>Self Disclosure</i>						
Depression	-.232*	.387*	-.185*	-.048	-.074	.292*
Happiness	-.180*	.372*	-.216*	-.060	-.121	.318*
Jealousy	-.186*	.367*	-.103	.087	-.045	.227*
Anxiety	-.173*	.378*	-.169*	.019	-.059	.269*
Anger	-.180*	.461*	-.190*	.088	.033	.236*
Calmness	-.200*	.400*	-.139	.075	-.030	.192*
Apathy	-.270*	.363*	-.057	.175*	.083	-.175*
Fear	-.271*	.413*	-.180*	.012	-.040	-.264*

* Correlation is significant at 0.05 level VI = Verbal Interpretation, S = Significant, NS = Not Significant

As shown in table 11, emotional self-disclosure subscales are associated to Eros, Ludus, and Agape. On the other hand, Storge is associated to Depression, Happiness, Anxiety, Anger, and Fear while Pragma is only correlated to Apathy.

A relationship between love styles and shyness. Self-disclosure showed no relationship with shyness. However, self-disclosure showed direct relationship with love styles. Results are considered in connection to the significance of self-disclosure in the development of relationship [19].

Overall, individuals with long distance relationship have an Eros love style. Having their

partners away from them, these people still understand their partner. In addition, they still believe that their love is intense and are still emotionally involved. To avoid any misunderstandings and adding to the burden of their partners, they opt not to share any problems that might cause them harm. Rather, they talk about happiness more to alleviate the stress from work/school, and sadness they feel from being away from each other. From all the sacrifices they had to endure from being in a long distance relationship, these individuals still feel satisfied in their relationship. Seeing their children become successful, because they were able to send them to a proper education, makes them feel satisfied.

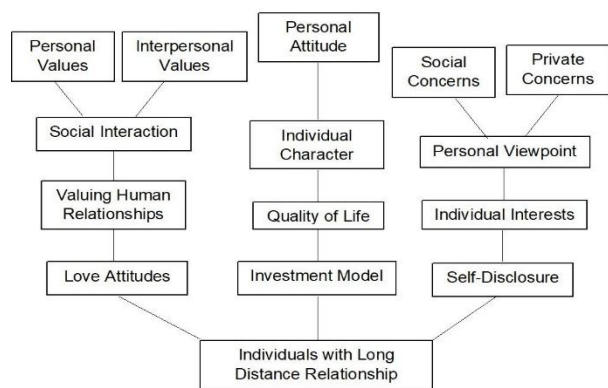


Figure 1. Framework of Love Attitude, Self-Disclosure and Investment Model for Individuals with Long Distance Relationship

CONCLUSION

The respondents showed eros and agape as their love style, with happiness as the dominant emotion that they disclosed and had a relationship satisfaction with their partner.

There were significant differences between sex and ludus, and commitment level. The respondents' age had significant differences between ludus, storge, pragma, agape, depression, anxiety, anger, satisfaction level, and investment size. On the other hand, the relationship status affects storge, and happiness. Likewise, the length of their relationship had differences with storge, pragma, depression, happiness, anxiety, anger, calmness, and investment size. Differences were also found between length of being in a long distance relationship and eros, pragma, and agape.

Relationship satisfaction was correlated to the love types eros, ludus, and agape. Quality of alternatives was correlated to ludus, storge, and agape. Likewise, a correlation was found between investment size and eros, ludus, storge, mania, and agape. Commitment level and eros, agape, depression, happiness, jealousy, anxiety, and fear are correlated. All emotional self-disclosure subscales are correlated to relationship satisfaction, quality of alternatives, investment size, eros, ludus, and agape.

RECOMMENDATION

For the respondents, it is recommended to maintain the communication between them to keep their love. For the partners of the respondents, it is suggested that they keep their families updated and maintain the commitment level and investment they put in their relationship.

For future researchers, it is suggested to balance the number of respondents in terms of the relationship status. Future researchers may also add other variables for the demographic profile such as location of their partner (domestic or international). Also, it is recommended to add questions about satisfaction of sexual needs in the qualitative questionnaire. Other measuring devices for the variables may also be used for easier data gathering. It is also suggested to add and/or remove other variables that may be suited in the study.

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