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## What Does 'Love' Really Mean?

by: **Jill Lenzen**

In our society, love is everywhere. We are loved and give love to many different people. We love our parents. We love our siblings. We love our significant other. We love our friends. With the word love being used in so many ways, how do we know what someone means when they say "I love you?" Are they referring to the love they associate with their brother or their mother or a friend? The big question is, what do we really mean when we say love?

One of Psychology's leading theories of love is Robert Sternberg's "Triangular Theory of Love." In his theory, Sternberg determined that love can be broken down into three different components. These three components are intimacy, passion, and commitment and can be viewed as a triangle. Each definition we have of love is a combination of these three components. Intimacy can be defined as "the emotional feelings of warmth, closeness, and sharing in a relationship" (Santrock, 2011). Sternberg refers to sexual and physical

attraction when taking about the passion component of love (Diessner, Frost, & Smith, 2004). Finally, commitment can be seen in both present and future issues of commitment in a relationship. According to Sternberg, "in the present (the short term) the issue is the decision to love someone or not. In regard to future time (the long term) the issue is to maintain commitment to the beloved" (Diessner et al., 2004). Commitment can also be seen as "the cognitive appraisal of the relationship and the intent to maintain the relationship even in the face of problems" (Santrock, 2011).

With all of these different components of love, we end up with eight different variations of what love is defined as. According to Diessner et al. (2004), the following are the eight different love component combinations:

- **Liking** ~ intimacy
- **Infatuation** ~ passion
- **Empty Love** ~ commitment

- **Romantic Love** ~ combination of intimacy and passion
- **Companionate Love** ~ intimacy combined with commitment
- **Fatuous Love** ~ combination of passion and commitment
- **Consummate Love** ~ all three components are active
- **Nonlove** ~ all three components are absent

Now that we have several different categories of love, we are able to be specific about the exact meaning of "love" we are referring too. So the next time someone says they love you, you might have to ask them to be more specific!!

P.S. Happy Valentine's Day!!!



**Upcoming Events:**

**Graduate School in Psychology Panel:** February 7, 7:00 in Gorecki 204B

**Valentine's Day** February 14



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## Graduate School: Not to Fear, Help is Here!

by: **Natalie Vasilj**

From the moment we stepped into our first class of Intro to Psychology, our professors taught us that the field of psychology is incredibly diverse. From clinical, to research, to organizational psychology, anyone can find the area that interests them most. With these endless opportunities comes a need for expertise in different fields, and that expertise comes from Graduate School programs.

The term 'graduate school' can create a sense of panic in psychology majors, whether it's the anxiety seniors experience while waiting for that acceptance letter, or the utter confusion on where to even begin looking into these programs felt by sophomores and juniors. It's a constant worry if we are on the right track. We wonder: What programs should I be looking into? How important is volunteering or internships? What kind of GPA should I have? What the heck is the GRE? The questions go on and on. If you find yourself still fretting about questions like these, fear no more! The Psychology Department is hosting a 'Psychology Graduate School Panel' on Tuesday February 7<sup>th</sup> from 7:00 to 8:00 p.m. in Gorecki 204B. There will be a broad range of speakers to offer their perspectives on the graduate school process and experience.

Speakers will include:

- **Alicia Reif**, currently a Mental Health Clinician at CSB/SJU, with a Master of Arts (MA) in Clinical Psychology at the Illinois School of Professional Psychology – Northwest at Argosy University, Schaumburg
- **Dr. Pat Barlow**, a Statistical and Research Design Consultant for the University of Tennessee Graduate School of Medicine, with a PhD in Educational Psychology with a concentration in Evaluation, Statistics, and Measurement
- **Dr. Chelsea Jensen**, a consulting intern at PDRI, with a PhD in Industrial/Organizational Psychology from the University of Minnesota
- **Alex Gruska**, a Mental Health Program Coordinator with an MS in Marriage and Family Therapy, and
- **Dr. Lisa Platt**, Psychology Professor at CSBSJU with a PhD in Counseling Psychology from Penn State

Come and listen to these professionals speak about their experiences with Graduate School and how it led them to their current occupations. This is a great opportunity to have all your questions about graduate school answered and your worries put at ease. It is a great chance to learn about different fields that you may be interested in, and give you a head start to fulfilling your dreams in the field of psychology.

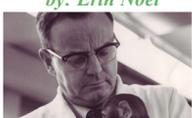


For more information on graduate school in psychology, please visit the CSB/SJU Psychology website at [www.csbsju.edu/psychology/Graduate-School.htm](http://www.csbsju.edu/psychology/Graduate-School.htm)



## Psychologist in the Spotlight

**Harry Harlow**  
*The Science of Love*  
by: **Erin Noel**



During the first half of the 20<sup>th</sup> century, many psychologists believed that showing affection towards children was a sentimental and menial gesture. Psychologists, during this time, were more motivated to prove their field as a rigorous science. However, one American psychologist, Harry Harlow, was interested in a topic that didn't concern numbers or measurements; he was interested in love.

Although Harlow received his Ph.D. from Stanford University

and established a distinguished Psychology Primate Lab at the University of Wisconsin, Harlow is most credited for his wire experiment. During this experiment, Harlow gave young rhesus monkeys a choice between two different "mothers", one made of terrycloth that provided no food and the other made of wire that provided food from an attached baby bottle. A few hours after the monkeys were born, he removed them from their natural mothers and left them to be "raised" by these surrogate mothers.

His data demonstrated that the baby monkeys spent significantly more time with their cloth mother than with wire mother. He found that the infant monkeys would cling to the cloth mother and only use the wire mother when it was absolutely necessary to obtain food. Harlow's theory went against many of the existing theories during this time, most of which

that stated that the earliest attachment between a mother and child was merely a means of obtaining food, relieving thirst and avoiding pain.

Harlow's experiments offered irrefutable proof that love is vital for normal childhood development and helped influence key changes in how orphanages, adoption agencies, social services groups and child care providers approach child care.

Although his work led to a wealth of research on love, affection and personal relationships, his own personal life suffered tremendously. After the terminal illness of his wife, he suffered from alcoholism and depression that led him to become estranged from his own children. Nonetheless, Harlow's legacy reinforced the importance of emotional support, affection, and love in the development of children.

## Psychology Jeopardy!

Think you know EVERYTHING about Psychology? Test your knowledge with these challenging questions in Psychology Jeopardy!

1. Psychologist Otto Rank ranked this trauma as the No. 1 cause of neurosis.
2. Papyrophobia is the fear of this-touching it, seeing it, being cut by it.

3. He's all in your mind: Glitch sop soy. (from the Anagrams category)

4. As many as 1 American in 50 may be dissatisfied with their bodies, it's called this, a form of OCD.

5. Named for a psychoanalyst, this inadvertent error in speech is said to reveal one's unconscious belief or thought.

Look for another round of Psychology Jeopardy! in our next issue!

1. What is birth?
2. What is paper?
3. What is a paper?
4. What is a psychologist?
5. What is body dysmorphic disorder?

ANSWERS:

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## References

**What Does 'Love' Really Mean?**  
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Santrock, J. (2011). *Life-span development*. (13<sup>th</sup> ed.). New York: McGraw Hill.

**Harry Harlow: Science of Love**  
[http://psychology.about.com/od/historyofpsychology/p/harlow\\_love.htm](http://psychology.about.com/od/historyofpsychology/p/harlow_love.htm)