

LIMERENCE (BEING IN LOVE) AND VIOLENCE AMONG TEENS/ADULTS' RELATION

HARASANKAR ADHIKARI*

Social Worker, India. Email: Jaoya123@yahoo.co.in

Received: 12 March 2017, Revised and Accepted: 18 March 2017

ABSTRACT

This paper attempted to examine the effect of limerence among teen and adults' relation. Violent behaviors of teen and adults are causing various social and relational crises. As consequence of this, they commit or attempt to commit suicide and involve in other illicit activities with violence. It is the cause of unhappiness in the daily life of teens/adults. The family/parental relational support would be revitalized for their recovery of mental illness. There is also a need of counseling before involvement in love relation, and their emotional decision would be sensitized.

Keywords: Adult relation, Emotion, Limerence, Love, Happiness or unhappiness.

Globalization yields a material relationship among human beings in today's society. The structure and processes of family and its relational pattern are vital factors to a child or young to rescue his/her from the crisis. In this competitive world, family becomes a "super trader family." The function and relational pattern in the family become poor evidently in the present context. Human being of varied ages is alone and mentally is unhappy, maladjusted, and uncompromising. The love making and love relation are somehow delighted in everyday relation. However, love relation is also involved with a competition and selfishness. It is restricted within sexuality. As a result of this, everyday, we are experiencing the incidence of love murder or love violence where females become the worst victims. This causal relationship of love violence might be explored in terms of emotion and limerence [1].

Emotion, a complex state of feeling that results in physical and psychological changes (physiological arousal, expressive behaviors, and conscious experience) in thought and behavior, is the wealth of human personality. It is a feeling of love, hate, fears, etc. It is not purely mental experiences but also process of identities, which identify the individual [2,3]. It directs toward a force for love, bonding, intimacy, and sexual desire in romantic relationships. Furthermore, it indicates pro-social, empathic, and moral behaviors to construct an individual's self. It is the focal point of human existence. Love and limerence (being in love) are the traits of emotion [1].

Romantic love is an important part of many long-term marriages in which couples maintain sexual vitality. It is associated with feelings of attachment and seeking individual's commitment with one partner. On the other hand, sexual desire leads the individual to seek opportunities for sexual activity. Companionate love (or romantic love, in our terminology) involves deep feelings of commitment, intimacy, and connection, and passionate love (or sexual desire, in our terminology) involves powerful feelings of attraction, desire, passion, and infatuation. However, falling in love is a complex neurochemical cocktail that includes norepinephrine, dopamine, endorphins, oxytocin, and phenethylamine. Romantic love experiences are stored in the emotional center of the brain, and it is fortified by oxytocin, "cuddle chemical," influences the interest in attachment and helps to explain the power and place of human bonding. The passion, bonding, and love that unite couples are only part of the couple relationship. Emotions, particularly anger, hostility, and contempt were viewed as causative factors in the breakdown of marriage and relationships [4].

The emotional state is a feeling as a state of limerence (being in love), a condition of cognitive obsession as well as mental activity. This bonding state between two individuals is a desire for more than sex,

but it may end with sexual relation. This limerence might shift suddenly in relation to limerent object (partner) [1]. Limerence describes that two individuals might bond themselves emotionally due to physical attraction, style of conversation, style of making friendship, and other such type of individual personal qualities. On the other hand, it might be broken due to misunderstanding and some other sensitive issues which one does not tolerate. It causes psychological harm to one partner only or both. Further, one partner when associates or comes to an attachment of another, his/her state of limerence might shift to. It has been seen that this breakup might also lead to violence as revenge. However, this state of limerence (being in love) does not stop after any bad incident/experience faced by the limerent object. This emotional state continues again and again. It is like the theory of vomiting [5]. The vomiting is the result of the sickness of motion. It indicates that the particular particle (foods) is creating intoxication in any organ of the human body which causes vomiting. Hence, one should not take this particular food further. However, one individual does not remember it, and he/she again takes it which repeats the same act of vomiting. Hence, emotional state reciprocates like the theory of vomiting.

There is a trend of alteration of love partner among male-female of different ages. Sometimes, mutually, one dissolves his/her relation with his/her partner. But many times, one individual desperately alters their love partner even conjugal partner due to extra-marital relationships and so forth. It causes mental unhappiness, depression, aggressive behavior, and other psychological disorder. This situation leads to violent action against love partner and suicide attempt when one alters his/her love/marital partner due to lost faith and privacy, lost attraction, dominating the behavior of opposite partner, family/peer pressure, no more loveable, etc. Thus, shifting of the limerent object (love partner) causes harm in their daily life. The behavioral pattern changes suddenly. It reflects in their arrogance, absentmindedness, indiscipline acts, and he/she uses to adopt some malpractices such as excessive smoking and consumption of alcohol. His/her violent behavior turns to be revengeful. Sometimes, he/she also attempts to commit suicide.

On the other part, we found that some of them (love victims) keep themselves outside of this kind of love/marital relation. In case of married individual, they are being divorced or separated from partner. Further, a significant portion of them used to enter into a further love/ marital relation with another limerent object. Especially, they used to rejuvenate their happiness of life through this. Some of them used to alter their love/marital partner frequently. To them, it was certain type of games. They were beyond the common rules of love/marital relation.

However, this is the vital cause of happiness or unhappiness in one individual's life. On the other hand, the rampant violence against women indicates the effect of alteration of limerent object. Due to this, the individual loses their creative part of life, and they are sometimes suffering from loneliness, isolation and are withdrawing from a life.

Particularly, it might be argued that this very beautiful relationship does not fall under the theory of vomiting. One individual should go through a steady relation permanently which would ensure "happy to go lucky." Hence, there is a need of self-consciousness before going through this type of any relation and his/her expectation from this. There is the need of psychological counseling and motivation that free-mixing of opposite sexes does not yield any exploitation or deprivation.

Family cohesiveness and interaction with each member would build a strong support system. Hence, family should act as monitor/supervisor by friendly interaction, and it would act as a correctional home when one member would be in some difficulty.

REFERENCES

1. Tannov D. Love and Limerence: The Experience of Being Love. USA: Scarborough House; 1999.
2. James W. What is an emotion? *Mind* 1884;9(34):188-205.
3. Lyons W. Emotion. Cambridge: Cambridge University Press; 1985.
4. Sternberg R. A triangular theory of love. *Psychol Rev* 1986;93:119-35.
5. Treisman M. Motion sickness: An evolutionary hypothesis. *Science* 1977;197(4302):493-5.