

Construct Validation of Five Love Languages

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Five Love Languages (FLL) is a theory proposed by Chapman (2010) about five ways a person feel most loved. This study was based on a lack of empirical evidence supporting the construct. Therefore, it aimed to validate five love languages and the results of this study were expected to be an empirical evidence to support Chapman's idea. A Likert scale was constructed and tested toward 400 participants (148 males, 252 females; $M_{age} = 19.85$ years, $SD_{age} = 1.51$ years). The FLL scale showed a promising composite reliability score (.884) and satisfying item-total correlations (averagely $> .250$). Statistical analyses showed that there were 17 valid items in the Five Love Languages Scale. Confirmatory factor analysis supported the five factors in Chapman's initial proposal.

Keywords: Five Love Languages, construct validity, factor analysis

Lima bahasa cinta merupakan teori yang pada mulanya digagas oleh Chapman (2010) tentang lima cara individu merasa dicintai. Penelitian ini didasarkan pada sedikitnya temuan bukti empiris yang mendukung teori tersebut. Oleh sebab itu, penelitian ini bertujuan melakukan uji kesahihan teori lima bahasa cinta dan hasil temuan diharapkan dapat memberikan dukungan ilmiah pada konsep Chapman tersebut. Skala Likert disusun dan diujikan pada 400 sampel (148 laki-laki, 252 perempuan; rerata usia = 19.85 tahun, $SD_{usia} = 1.512$ tahun). Skala FLL menunjukkan reliabilitas komposit yang baik (.884) dan korelasi butir-total yang memuaskan (rata-rata $> .250$). Hasil analisis statistik menunjukkan adanya 17 butir yang sah pada skala *Five Love Languages*. Analisis faktor konfirmatori menegaskan adanya lima komponen faktor penyusun konstruksi skala seperti yang Chapman kemukakan.

Kata kunci: lima bahasa cinta, kesahihan konstruk, analisis faktor

Love, romance, and relationship are popular topics discussed in many different fields. In common population, according to Al-Khalili et al. (2012), "what is love" has been the most searched phrase in the Internet search engines. It shows that people are interested in "love" matter. It also indicates that establishing a sound definition of love is difficult.

The author borrowed an idea from Cookerly (2010), a renown researcher in love subject since 1973. He quoted love as "a powerful, vital, natural process of highly valuing, desiring for, often acting for, and taking pleasure in the well-being of the loved." However, this definition alone would not suffice to cover the complexity of love. As Cookerly has explained, there are different perspectives in understanding love.

Through years particularly in the field of psychology, "love science" has been developed scientifically. Researchers offer a different take on love. For example,

Fraley and Shaver (2000) explain that the attachment theory is the basis of intimate relationships and adult romantic relationships. Gonzaga, Keltner, Turner, Campos, and Altemus (2006) found a correlation between love and sexual desire. In the same year, Wilkins and Gareis (2006) also investigated the expression of love or declaration of love "I Love You" in a cross-cultural study.

Chapman (2010) in his book "The Five Love Languages: The Secret to Love That Lasts" also offers his view on love. His book has become The New York Times bestseller and sold more than five million copies. It has also been translated into 38 different languages.

Chapman's theory of the five love languages was based on his experiences as a marriage counselor for thirty years. Chapman (2010) concludes that there are five languages of love, five ways men (women) use to speak and understand love or emotions, such as words of affirmation, quality time, receiving gifts, acts of service and physical touch.

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