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# Self-love: The lesson through which all other lessons are realized

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**Abstract**--Objective: This study was undertaken to determine self-love: the lesson through which all other lessons are realized. Method: The subjects were taken from the students of Lovely professional university. 100 (50 male and 50 females) subjects were taken randomly and were match in age, sex, education and occupation. Healthy selfishness scale by Kaufman, S. B., & Jauk, E. (2020), Ryff's Psychological Well-Being Scales (PWB), 42 Item version, Glenn Callaghan's interpersonal relationships questionnaire FIAT-Q-Final-Scale-2-14 and Achievement Motivation Scale by P.S.Goregaonkar and R.D.Helode were employed with each of the subjects in two sessions. Result: Findings revealed that female subjects showed more prominence in self-love and other relate variables in the present study like Psychological well-being, interpersonal relationship and achievement motivation. It has found that self-love is independent of psychological well-being, interpersonal relationship and achievement motivation. Conclusion: from results it can be inferred in a way that self-love is distinct psychological characteristics that can influence better psychological well-being, interpersonal relationship and achievement motivation of the subjects in the present study. This study aim to investigate self-love: the lesson through which all other lessons are realized.

**Keywords**---self-love, psychological well-being, interpersonal relationship, achievement motivation, young adults.

**Introduction**

“Self-love is the longing for the highest good of the self. Expressing self-love implies recognizing one's untiring worth and deserving which cannot be added to or taken away from, merely obscured or highlighted, and then to subsequently

choose actions and thoughts which align with the highest good for the self Swan (2016).”

Self Love can also be known as being whole, complete, healthy selfishness, contentment, true self, or the famous term in spirituality ‘Enlightenment’ or Liberation. One can feel not being whole, dissatisfaction inside, meaninglessness, unworthy, unloved, despite the fact of having people who love, and all the recourses that are required in life. On the other hand, Self- Hate is a state of feeling incomplete, suffering, inner conflicts, self-sabotage, negative self- identity, and poor psychological well-being. Psychological well-being, interpersonal relationship and achievement motivation are three important areas of our life:- Firstly, the term "psychological well-being" refers to the state of one's mind when one's life is going well. It's a combo of feeling well and being able to operate efficiently.

And then Interpersonal relationships, it is a term used to describe close relationships. An interpersonal relationship is a connection between two or more individuals that might be temporary or long-term. Family and a small group of best friends are the most common sources of closeness. The most work is required to cultivate and sustain interpersonal connections. Psychologist David McClelland conducted considerable research on workplace motivation and hypothesized that both workers and their bosses have needs that influence their work performance. Achievement Motivation is one of these requirements, which is defined as an individual's desire to achieve realistic goals, receive feedback, and feel a feeling of achievement Achievement Motivation. (n.d.).

In this way, this makes this study of Self-Love important for awareness. In this Research, the main focus will be to understand Self-Love and its relation to young adult's psychological wellbeing, interpersonal relationships and need for achievement. Lindstedt (2019) said in her article that Self-love doesn't imply loving everything about you; it's accepting oneself despite what one doesn't love. It's, loving oneself even though doing so may not guarantee the love of other people. And it's learning, on one's own terms and in one's own time, how to live in a body one wouldn't necessarily choose.

According to Carl Jung, in analytical psychology, the second half of our life belonging to the process of individuation by which a person becomes whole and connecting to one innermost uniqueness, realizing one's self (Self-Realization), the totality of the personality, archetypes, and mainly integration of the consciousness and unconsciousness without demolishing either one. Schlamm, L. (2014). On the contrary, according to Lew (2015), in her article why Self- Love is overrated? We don't live in a fixed emotional state and we have so many negative things about our past, personalities, and traits, where self-love does not play any effective role.

The relation of Self-love and Psychological well- being, according to an article written by Swan(2017) on Fragments, she says that consciousness at the time of trauma, consciousness branches into smaller fragments from the main consciousness and suppresses the painful aspect into unconsciousness to survive in this world. In this way, with time the consciousness keeps splits itself

into smaller fragments and we feel more incomplete and distant from our true self.

In context of interpersonal relationship, according to a video about boundaries of Crossroads INDY counseling (2016), Boundaries are the limits guided by beliefs, emotions, opinions, attitudes, past experiences, and social learning to outline likes and dislikes, right or wrong, pleasant or unpleasant in social interaction in any relationships. Maintaining healthy boundaries with family, romantic, or business partners is very essential to maintain a healthy relationship and personal wellbeing. According to Biyabangard, E. (2006), there is significant relationship between students' self-esteem and achievement motivation and academic achievement. But on the other hand, according to Bahrami and Bahrami (2015) examined the relationship between self-esteem and achievement goals 8th grade Iranian high school students. . Results showed that both self-esteem and achievement goals dimensions did not have any relationship with students' performance in mathematics.

### **Research Objectives**

1. To study the impact of Self-Love on Psychological Well-Being among young adults.
2. To investigate the influence of Self-Love on Interpersonal Relationships among young adults.
3. To examine the correlation between Self-Love and Achievement Motivation among young adults.

### **Research Hypothesis**

1. There is no significant relationship between Self-Love and Psychological wellbeing among young adults. (Null Hypothesis)
2. There is no significant relationship between Self-Love and Interpersonal relationships among young adults. (Null Hypothesis)
3. There is no significant relationship between Self-Love and achievement motivation among young adults. (Null Hypothesis)

### **Sampling Technique**

The study consists of 100 men and women selected through convenience sampling method.

### **Variables**

In the present study self love is taken as independent variable, whereas psychological wellbeing, interpersonal relationship and achievement motivation are taken as dependent variable. However age and gender are being treated as demographic variables.

## Research Design

The independent variable for the study is Self Love, the dependent variable is Psychological well-being, Interpersonal Relationship and achievement motivation. The Subjects consisted of both male and female population.

## Instruments

1. Ryff's Psychological Well-Being Scales (PWB) 42 items version.
2. Glenn Callaghan's interpersonal relationships questionnaire FIAT-Q-Final-Scale-111 items version.
3. Achievement Motivation Scale by P.S.Goregaonkar and R.D.Helode (50 items)
4. Healthy Selfishness Scale (HSS) by Kaufman et al.(2020)

## Procedure

The tools for administering the test were used as hard copy (offline). To achieve the objective of the study data was collected through the convenience sampling method. The data for the study were collected from 100 samples from both the male and female populations. Confidentiality of their data was strictly maintained to keep safe participant's privacy and to give them a sense of safety so they can fill the scale securely, in order to gain the accuracy of the data. Participants were asked to read instructions; it also provided them the purpose of the study and maintains confidentiality and privacy.

## Result and Discussion:

Table 1:- Showing scores of male subjects in various Dimensions.

	Interpersonal Relationship							Achievement motivation
	Healthy Selfishness	Psychological Well-Being	Assertion of needs	Biderctional communication	Conflict	Disclosure & interpersonal closeness	Emotional experience and expression	
1	45	222	30	39	26	64	39	21
2	36	149	80	89	97	99	87	13
3	37	180	67	73	69	82	93	16
4	45	149	73	87	82	95	77	17
5	44	154	79	85	83	90	86	18
6	22	133	83	70	77	94	83	18
7	38	180	64	79	70	85	78	13
8	31	160	66	66	58	63	77	28
9	29	121	74	62	76	88	103	10
10	32	162	64	79	67	80	75	6
11	27	152	65	84	66	95	95	20
12	34	191	53	50	61	60	81	24
13	38	172	51	82	67	69	77	21
14	34	218	38	41	53	47	23	16

15	34	162	59	62	79	85	89	17
16	31	137	61	71	71	92	74	14
17	24	171	66	64	66	89	89	13
18	34	224	43	41	50	45	42	13
19	36	151	75	79	74	81	82	15
20	38	165	76	82	83	89	77	16
21	33	150	69	87	84	87	80	19
22	33	196	82	90	81	84	71	25
23	21	92	66	86	81	95	95	23
24	41	155	116	118	114	135	127	19
25	33	171	72	51	65	79	79	12
26	34	155	70	78	87	92	96	15
27	42	206	41	59	53	76	51	15
28	45	157	108	118	106	109	102	21
29	40	207	51	57	60	51	61	16
30	33	167	65	61	66	75	75	15
31	40	170	77	68	84	94	84	21
32	27	128	59	71	74	60	75	21
33	38	143	89	97	88	94	85	18
34	37	192	38	58	39	83	67	19
35	43	177	73	77	89	103	92	18
36	38	153	76	90	85	96	98	19
37	42	184	79	92	62	63	52	19
38	33	152	71	86	83	98	87	19
39	39	178	71	73	74	83	94	14
40	31	179	73	80	84	91	83	18
41	43	227	41	54	65	61	49	25
42	29	174	47	67	64	78	80	16
43	28	179	54	73	65	67	76	15
44	42	145	65	79	78	81	95	15
45	33	168	60	54	63	78	87	17
46	21	148	86	78	49	63	51	22
47	41	234	31	52	49	37	36	20
48	34	172	69	75	69	86	62	19
49	23	168	78	49	58	62	71	12
50	35	182	45	50	69	61	53	15
Mean	34.82	169.24	65.78	72.26	71.26	80.28	76.82	17.42
S.D	6.403729781	28.07319878	17.35028083	17.47862835	15.88197541	17.96713553	19.4513417	4.08126631

Table 2:- Showing scores of female subjects in various Dimensions

		Interpersonal Relationship							
	Healthy Selfishness	Psychological Well-Being	Assertion of needs	Biderctional communication	Conflict	Disclosure & interpersonal	Emotional experience	Achievement motivation	

						closeness	and expression	
1	42	163	56	46	44	75	92	19
2	34	173	53	63	59	88	63	21
3	36	166	80	73	84	92	92	24
4	32	185	60	61	74	94	76	21
5	43	188	66	56	64	75	70	19
6	32	189	71	90	92	82	89	20
7	32	205	30	53	49	44	63	20
8	44	156	74	74	79	78	95	17
9	33	150	80	79	80	87	77	16
10	20	156	88	69	78	98	93	21
11	37	223	114	124	116	135	135	18
12	37	181	69	57	66	71	80	15
13	38	198	47	50	109	59	51	19
14	35	152	78	77	81	89	87	13
15	35	227	36	66	83	93	76	16
16	32	187	56	60	55	76	73	14
17	40	212	42	49	47	63	46	20
18	30	201	39	46	34	41	38	12
19	32	197	60	74	80	89	85	23
20	38	225	55	45	53	45	73	24
21	42	160	67	103	93	89	89	29
22	44	187	54	70	68	79	83	14
23	40	198	62	71	84	75	60	28
24	31	147	71	60	75	81	74	19
25	32	173	82	61	64	79	98	17
26	34	184	78	73	72	85	81	14
27	40	188	72	82	80	96	89	16
28	37	195	47	49	58	77	76	21
29	40	206	50	61	62	64	62	18
30	42	222	41	70	60	68	52	13
31	21	148	71	76	79	85	76	15
32	44	209	47	44	39	62	36	14
33	45	150	89	93	88	96	90	20
34	42	188	70	91	84	87	91	27
35	39	187	59	81	59	84	85	23
36	38	184	55	66	71	60	53	19
37	40	186	36	57	56	34	31	20
38	35	168	68	66	76	88	85	13

39	37	182	50	66	71	63	50	21
40	34	169	65	65	66	88	71	17
41	37	181	48	65	58	65	79	26
42	34	169	55	57	74	66	73	22
43	25	151	59	87	71	79	88	13
44	39	167	71	88	72	86	82	15
45	32	149	66	77	72	93	84	20
46	41	161	58	84	79	72	70	18
47	33	164	61	69	67	83	67	21
48	36	193	39	38	26	35	32	21
49	34	208	55	44	38	37	29	28
50	36	166	67	72	69	71	75	25
Mean	36.12	181.48	61.34	67.96	69.16	76.02	73.3	19.18
S.D	5.38569533 9	22.1223315	15.87272 079	16.62670584	17.44771 782	18.80348426	20.16184515	4.3268973 66

Table 3:- Showing comparison of scores between Male and female subjects in various dimensions

Dimensions	Mean		S.D.		t-value	Remarks
	Male	Female	Male	Female		
Particulars Healthy	34.82	36.12	5.39	5.39	1.09	Not significant
Selfishness Psychological	169.24	181.48	22.12	22.12	2.42	at 0.05 Significant at
Well-Being Assertion Of	65.78	61.34	15.87	15.87	1.34	0.05 Not significant
Needs Bidirectional	72.26	67.96	16.63	16.63	1.26	at 0.05 Not significant
Communication Conflict	71.26	69.16	17.45	17.45	0.63	at 0.05 Not significant
Disclosure & interpersonal closeness	80.28	76.02	18.80	18.80	1.16	at 0.05 Not significant at 0.05
Emotional experience and expression	76.82	73.3	20.16	20.16	0.89	Not significant at 0.05
Achievement motivation	17.42	19.18	4.33	4.33	2.09	Significant at 0.05

Table 4:- Showing correlation of between variables of Male and female subjects in various dimensions

Dimensions/Gender	Male	Female	Total
Self-love / Psychological Well-Being	0.43	0.28	0.39
Self-love / Interpersonal Relationship	0.048	-0.064	-0.016
Self-love / Assertion of Needs	-0.05	-0.13	-0.1
Self-love / Bidirectional Communication	0.15	0.03	0.08
Self-love / Conflict	0.14	-0.02	0.05
Self-love / Disclosure & interpersonal closeness	0.08	-0.11	-0.02
Self-love / Emotional Experience & expression	-0.08	-0.09	-0.09
Self-love / Achievement motivation	0.09	0.14	0.13

### Discussions

In the domain of Self-Love, healthy selfishness scale was introduced among 50 male and 50 female subjects of young adults. Results indicate that both male and female subjects scored above average in this domain. In comparison of mean scores, female subjects (36.12) showed higher scores than the male (34.82) subjects. In comparison of S.D values, it reflects that male subject (6.40) showed more variability compare to their female counter part (5.39). The t-value (1.09) has been found not significant at 0.05 level. It indicates the mean scores of both the groups were not statistically significant. To sum up, a clear indication of higher trends of healthy selfishness has been found among both male and female subjects in the present study. Females scored slightly higher compare to male subjects and showed lesser variability.

This finding is very much in line with Swan (2020) that healthy selfishness is our reflection to see ourselves which in turn can recognize it in others and also dealing with resistance is one of the essential steps in the process of self-love Swan (2020). So from the scores of the present participants, we may say that their healthy selfishness is very high in this study and they may show those reflections onto their own self also to others, In spite of the resistance in different segments of their life. It may also assume that healthy selfishness will surely play an effective role on every aspect of their achievements in life. In this way, we may



discuss the contrary findings of self-love by Lew (2015) that it doesn't play an effective role on the negative things on the past and in the personality traits.

Psychological well-being results from art experiences, educational achievements and other experiences in life, which has different dimensions like anatomy, environment mastery, personal growth, positive relations with others and purpose of life. From the results, it has been observed that female subjects showed better score in psychological well-being compared to their male counter parts (male mean= 169.24, female = 181.48) from the S.D scores it has come out that male showed more variability than the female subjects (male S.D =28.07, female = 22.12) t-value (2.42) has been found significant at 0.05 level. It shows that the difference between two means have been found statistically significant. These results are closely associated with Garcia-Alandete, J., Rosa Martinez, E., SellésNohales, P., & Soucase Lozano, B. (2017) it indicates that female subjects show more prominence in psychological well-being compared to their female counterparts. Contrary findings also have observed among other research evidences Roothman, B., Kirsten, D. K., &Wissing, M. P. (2003) that denotes males are more prominent in expressing psychological well-being compared to males.

Assertion of need is related to identify or specify needs as they occur, our request to meet once own need, generally features of relationship. In the present dimension, female subjects of the study have shown better assertions of need compared to male subjects (male mean 65.78, female mean = 61.34) from S.D scores, it shows that males showed more variability among scores compared to female (male S.D = 17.35, female S.D = 15.87). The t-value (1.34) has been found not significant.

From the results, it may be inferred that the present study is very much in line with previous research finding Eskin, M. (2003) which indicates that Girls are found to be more skilled than boys in expressing and dealing with personal limitations. Our present study also has found contrary to other previous studies Bassen, C. R., & Lamb, M. E. (2006) who expressed that Males are more assertive and have significantly higher self-esteem as compared to females.

Bidirectional communication is to describe own impact on others; also get feedback given by other person. Dimension of the feedback is given are accurate. Opposite to bidirectional communication is hypersensitive to the impact and feedback of others. From the results, it can be seen that female subjects scored better compared to male subjects (male mean = 72.26, female mean = 67.96) from S.D scores, it has shown that male subjects showed slightly greater variable compared to female subjects. The t-value (1.26) has been found not significant.

The above result is very much in line with previous research findings Lundgren, D. C., & Rudawsky, D. J. (1998) which denotes that female subjects tend more to give and take feedback as compared to male subjects in interpersonal relationship. Reverse findings have also been traced Khorshidi, E., & Rassaei, E. (2013), which denotes that There were no statistically significant variations in corrective feedback preferences between males and females.

Conflict is the identification & specification with appropriate contextual control. Opposite to that expresses excessive acquiescence, excessive appeasing or conciliatory responses. In this dimension, female subjects scored better compared to male subjects of the study (male mean= 71.26, female mean 69.16) from S.D scores, it has been found that female subject showed greater variability compared to male subjects (male S.D = 15.88, female S.D = 17.45). The t-value (0.63) has been found no significant.

The findings of the present study are similar to Hamlin, Emily, (2018) who expressed that women show more interpersonal communication to solve conflicts. Our study also proves contrary to other research findings Hurley, L., & Reese-Weber, M. (2012), who said that there is no gender differences were found for either positive or negative conflict strategies. Disclosure and interpersonal closeness deal with problems identification or specialization over disclosing or under disclosing with others. Opposite in this dimension shows low desire to closeness, failure to solicit others' disclosure, failure to respond to others' disclosure, excessive self-disclosure, seeking closeness. The results show that female subjects scored better compared to male subjects which has revealed in their mean score (male mean = 80.28, female mean = 76.02). From S.D scores, female subjects showed slightly greater variability compared to male subjects (male S.D = 17.97, female S.D = 18.80) t-value (1.16) has been found not significant.

The present finding is very much in line with previous research study Critelli, J. W., & Neumann, K. F. (1978). It implies that females disclose more than males in personal relationship. This study is contrary to the research Burger, J. M. (1981), which shows that No sex difference was found in self-disclosure. Emotional experience and expression are the ability to recognize that an emotional experience would be expected in that extent cannot discriminate when to report or express a feeling. Opposite to that is inaccurate level of emotional experience/restricted range of expression ineffective or unclear description of emotional experience. From the results, it has come out that female subjects showed better results compared to their male counterpart (male mean = 76.82, female mean = 73.30). From S.D scores, it has shown that female subjects expressed better variability compared to male subjects (male S.D = 9.45, female S.D = 20.16). The t-value (0.89) has been found not significant.

The present findings are very much similar to the previous research studies Fardis, Makon (2007), who told that females show more expressivity in emotion compared to male subjects. Our present findings do not support other previous research studies Haider, B., Khan, S., & Anwar, K. (2016) who did not see any gender difference among men and women in their communication of emotions and feelings.

In this assessment of overall dimensions of interpersonal relation, it has been found that in present study female subjects showed more prominence in interpersonal relationship compared to their male counterparts. It is evident from the mean scores of both the groups. The mean scores of the male subjects is higher than that of female subjects (male mean= 73.08, female mean = 69.56). From S.D values (male S.D = 17.63, female S.D = 17.78), it may be said that

female subjects showed more variability of scores compared to male subjects. The t-value (1.05) has not been found significant. This refers that the difference between two mean is due to chance factor.

The above result is closely associated with previous research finding Birknerová et al., (2017). It implies that females are more prominent in interpersonal relationship than that of the male subjects. The predominance of male subjects also has been traces in other research finding Sumi, K. (2012). Achievement Motivation is to attend a high standard of excellence and to accomplish a unique objective concerns with completion with a standard excellence. It may be explicit or implicit. They are also involved in long term achievement. From the present research findings it has come up that female subjects showed better result in achievement motivation scale compared to male scores (male mean = 17.42, female = 19.18). From S.D scores, it has found that female subjects expressed slightly greater variability of scores compared to male subjects. The t-value (2.09) has been found significant at 0.05 level, which means the difference between the two sets of mean scores is statistically significant. Present finding are much in line with previous research studies Devakumar, Mary (2018), which signifies that female subjects are more motivated towards their achievement than that of male subjects. Contrary findings also have found in this dimension Shekhar, Chandra and Kumar, Rajinder (2016) that signifies male dominance in achievement motivation compared to females.

From the correlation study of different variables, when it has been compared between self-love and psychological well-being, the correlation have been found less than the average (male = 0.43, female = 0.28). Among the correlation between self-love and interpersonal relationship, correlation has also found very less (male = 0.04, female = -0.06). Similar results have been found in the correlation between self-love and achievement motivation (male = 0.09, female =0.14). So from the above discussion it may be implied that self-love is not correlated with psychological well-being, interpersonal relationship and achievement motivation of these subjects in the present studies. It may be further suggested that these variables are independent to each other, which indicates self-love is not related to those variables. Self-love is so unique in nature that it does not depend on other psychosocial variables. Independently if we study those variables in terms of self-love, it has been shown that the subjects showed prominence in self-love also expressed better results in those variables independently. In all cases, female subjects showed more prominence in the above mentioned variables.

From the overall discussion of the results of the present study it may be inferred that female subjects showed more prominence in self-love, psychological well-being, interpersonal relationship and achievement motivation. The present findings also proved that these variables are important and independent indicators of self-love. It suggests that self-love is a unique characteristic of human being which can facilitate people's psychological well-being, interpersonal relationship and achievement motivation. The present findings are very much in line with previous research studies Swan (2020), Gallagher, D. (1999), Biyabangard, E. (2006). That refers that self-love is very much associated with those variables. Contrary findings have also have been traced in this regard

Bushman, B. J., & Baumeister, R. F. (2002), Bushman, B. J., & Baumeister, R. F. (1998), Bahrami and Bahrami (2015)

From the qualitative assessment of the content analysis of the case studies, it has come out that female subjects have healthy relationships with their family members and also they have adequate emotional bondage with the family in their childhood. They were also found less confidence about their competence and had unhealthy experience in romantic relationship in their past. The characteristics which have been found in case studies are also closely associated with the objective finding, which has come out from their high scores in psychological well being and interpersonal relations. Though they had bad experience in romantic relationship in past, they are now well adjusted in their lives.

From the analysis of the case studies of the male subjects, it has revealed that, they experience self-worth and high need of achievement motivation, but it has reduced in present. They had healthy emotional experience in their childhood. From the objective analysis of the study it has been found that males are low in achievement motivation compared to female subjects, which is very much in line with the present results. Male subjects reported that they had high need of achievement in the past but now they are lagging. The high prominence of self worth and psychological well being which were reported in the case studies are not matching with the objective findings of the study. This may be due to the observation of very few samples in the case study. The outcomes of others' case findings were not possible to collect in the tenure of research. Probably it will give us the similar trends according to the objective findings of the study. So it may be said that the influence of self-love, psychological well-being, interpersonal relationship and achievement motivation among young adults have been established. So the purpose of the study is very much apt and justified.

### **Conclusions**

From the above results, it may be concluded that female subjects showed more prominence in all the dimensions relating to Self-love like psychological well-being, interpersonal relationship and achievement motivation. They also have found better in self-love. In the correlation studies, it has found that self-love is independent of psychological well-being, interpersonal relationship and achievement motivation. Which may be inferred in a way that self-love is distinct psychological characteristics that can influence better psychological well- being, interpersonal relationship and achievement motivation of the subjects in the present study.

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