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by Jovita Anugrah Santoso

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ROBERT STERNBERG'S THEORY OF TRIANGULAR LOVE IN COLLEEN HOOVER'S *ALL YOUR PERFECTS*

Jovita Anugrah Santoso ^{a,1*}, Dr. Tri Pramesti MS ^{b,2}

^{a)} Universitas 17 Agustus 1945, Indonesia

^{b)} Universitas 17 Agustus 1945, Indonesia

¹⁾ jovitaanugrahsantoso@gmail.com; ²⁾ tripramesti@untag-sby.ac.id

ABSTRACT

This article focuses on an American author of romance and adult fiction, Colleen Hoover's *All Your Perfects*, "first published in 2018. It is a profound novel that explores the complexities of love and relationships in a way that is both insightful and thought-provoking about a fallen marriage partner who finds his or her future potential that relies on promises made in the past. Colleen Hoover depicts how Graham and Quinn, as the main characters, of falling in love and then how they dealt with the obstacles that threatened to tear them apart after seven years of marriage. The purpose of this study is to describe how consummate love is depicted in the novel *All Your Perfects* by Colleen Hoover and the effects of consummate love experienced by the main characters. The writer used a psychological approach to discover the styles of consummate love in Robert Sternberg's Theory Triangular of Love in the novel *All Your Perfects*. Moreover, the writer uses the novel as the main data and several journals and articles about romantic love, marriage, relationship, and the concept of triangular love by Robert J Sternberg as supporting data. According to Robert Sternberg's Theory Triangular of Love, the result of this thesis is that both characters in the novel, Quinn and Graham, have experienced, depicted, and shown the effects of consummate love style with three components of a relationship: intimacy, passion, and commitment.

Keywords: Love, Marriage, Intimacy, Passion, Commitment

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1. INTRODUCTION

Love is often described as a feeling of affection or strong attachment to someone or something. Love can take many forms, including romantic, platonic, familial, and self-love. According to A.S. Hornby (2010:916), love has been described in many different ways, including romantic, familial, platonic, and self-love. Romantic love is the most common type of love described in the literature, and it involves strong feelings of attraction and intimacy between two people. Familial love involves love between family members, while platonic love refers to love between friends. Self-love is love for oneself, often described as an important aspect of personal growth.

Consistent with McGrath (2002) p. 21 in his book *The Power of Love*, "Love is a good anti-depression medication". It indicates that love is very important for its existence because love can also give pride to others. Even humans are often ready to do many important things for the person they love, this is known as the term self-sacrificial love. People who love someone or something usually need to do everything. because the fact is that many people think that when they can do something for the character they love, it means that they love that character.

The theory of love proposed by Robert Sternberg in 1985 p. 199-135, known as the love triangular theory is consistent with his love triangular. Robert Sternberg has conducted a study on love. Sternberg became a member of the Psychology branch at Yale University. For the duration of his time as a professor, Sternberg emphasized his research in the fields of intelligence, creativity, knowledge,

management, questioning patterns, ³ ethical reasoning, love, and hate. Back in 1985, he introduced a concept of love called the triangular theory. Based on the triangular concept, love consists of three complementary parts. The three additions are the closeness part, the desire part, and the decision/commitment part. The writer limits the focus of analysis, which is stated as follows: How is the consummate love depicted in the novel "All Your Perfects" by Colleen Hoover? And the second is What effects of consummate love are experienced by the main characters of "All Your Perfects"?

In this article, the writer chooses a novel by Colleen Hoover and the title is "*All Your Perfects*" as the source of data which contains a beautiful and emotional love story. This is Colleen's first novel and is famous as New York Times Best Seller and became nominated through Goodreads Choice Awards for Best Romance. This novel describes a story ² about a problematic marriage and one badly forgotten promise that might be the one to save it. Quinn and Graham's consummate love is being endangered by their flawless marriage. The years of memories, mistakes, and secrets they've built up are tearing them to shreds. The one act that will save them could also be the very one act that pushes their broken marriage beyond the point of no return. "*All Your Perfects*" is a contemporary romance novel written by Colleen Hoover and published in 2018. The story revolves around the marriage of Quinn and Graham, who fall in love at first sight but struggle to maintain their relationship as they face the problem of infertility and other challenges. The writer limits the focus of analysis, stating that consummate love is depicted in the novel "*All Your Perfects*" by Colleen Hoover, and the effects of consummate love are experienced by the main characters of "*All Your Perfects*". The writer will make the objectives of the study classified into two parts first, to analyze the consummate love issues depicted in the novel "*All Your Perfects*" including intimacy, passion, and commitment, and second, to analyze the effects of consummate love experienced by the main characters of "*All Your Perfects*", Graham and Quinn.

2. METHOD

This research using the psychology approach "*All Your Perfects*" by Colleen Hoover is a novel that explores the complexities of relationships and the concept of triangular love. This study used a qualitative descriptive approach to discover the steps of consummate love using the ¹¹ triangular theory of love by Robert J Stenberg. The researcher ¹⁰ uses two sources of data which are primary data and secondary data. First, the primary was taken from the information in "*All Your Perfects*" novel by Colleen Hoover. Published in 2018 by Atria Books. It includes 224 pages. The secondary data were taken from several journals and articles about romantic love, marriage, relationship, and the concept of triangular love by Robert J Stenberg.

In collecting the data, the researcher uses the note technique implemented in the subsequent steps are analyzing and understanding the novel written by Colleen Hoover, marking sentences and dialogue with the problems within Stenberg's triangular theory which can be considered, as data, and, classifying the data of the novel and the characters received primarily based on the subject of the observation. This study is performed primarily based on numerous steps of data analysis as follows Classifying the data has a better understanding of the novel and the characters, identifying sentences that are associated with the problems within Stenberg's triangular theory

3. RESULT AND DISCUSSION ⁹

3.1 The consummate love depicted in the novel "*All Your Perfects*" by Colleen Hoover

All Your Perfects explores the complexities of love and marriage. The novel follows the story of Quinn and Graham, a couple struggling to maintain their marriage due to infertility issues. Despite the challenges they face, their love for each other remains strong and unwavering. The consummate love depicted in the novel is characterized by intimacy, commitment, and passion. Quinn and Graham

have a deep emotional connection rooted deep in trust, understanding, and shared respect. They are committed to each other and their relationship. Their passion for each other is reflected in how they interact with each other physically and emotionally. One of the main themes in the novel is the idea that love is not always perfect.

3.1.1. Intimacy

Intimacy refers to the physical and emotional relationship between the two main characters, Quinn and Graham, and how their struggles with infertility and past mistakes affect their relationship and also explores the issue of a broken couple whose future promise relies on a promise they have made in the past. The story about told through past and current timelines, highlighting the happy occasions of the couple and the struggles they face. The addresses the sensitive issue of marital infertility and how it affects the physical and sexual aspects of their relationship.

3.1.1.a Quinn and Graham Experienced Happiness

Quinn and Graham experienced happiness in their relationship in the past. Quinn and Graham are in a perfect relationship that seems designed by fate in the past.

3.1.2.b Quinn and Graham Receipt of Emotional Support

Quinn and Graham's consummate romance is jeopardized by their flawless marriage meaning Quinn also Graham's couple learns that marriage is not easy, and they have to fight it if they want to it last. Quinn is infertile, which causes her to go into depression and widens the distance between both her and Graham.

3.1.3.c Mutual Understanding between Quinn and Graham

According to Stenberg that intimacy also includes mutual understanding with the loved one (1986:121). Quinn and Graham have a deep understanding and love for each other. They first met when Quinn found her fiancé sleeping with another woman, and Graham breaks the news. They almost have sex again, but are too emotionally affected by their situation.

3.1.4.d Quinn and Graham's High Regard

The characters have a high regard for their loved ones, which is evident in their actions and words toward each other. Despite the challenges they face in their marriage, Quinn and Graham still love and care for each other deeply. Quinn and Graham's love is at the center of their consummate love but is jeopardized by their flawless marriage, which is filled with memories, mistakes, and secrets. Quinn's infertility leads to depression and a growing distance between her and Graham.

3.1.5.e Sharing of Quinn's Self and Graham's Possessions

The characters share themselves and their possessions with their loved ones. The reminder of the importance of sharing oneself and one's possessions with their loved ones. Despite the challenges that Quinn and Graham face, their willingness to share themselves helps them to work through their struggles and reconnect with each other. Quinn and Graham's marital problems stem from miscommunication, misunderstandings, and secrets, the chapters alternate between the memories of when Quinn and Graham met and fell into a romantic relationship, and now present, where their marriage is falling apart due to Quinn's infertility and their inability to communicate effectively. Graham views their relationship as fated, which unnerves the more cautious Quinn, but she loves and appreciates him deeply.

3.1.6.f Quinn and Graham Valuing Each Other

Both Quinn and Graham realize that they love each other, desperately need each other, and cannot live without each other. Their existence in the couple's life is precious. A mutual appreciation of each other in Quinn and Graham's lives also shows the intimacy of their love relationship, as said by Sternberg that intimacy includes the feeling of valuing loved ones in one's life (2011:121). Quinn and Graham cherish each other, even though their marriage is not perfect. Quinn deeply loves and appreciates Graham, and meets with and loves his immediate family. Graham viewed their relationship as fate and admired Quinn for where she came from. However, they began to lie to each other, which threatened their perfect love. Despite this, they continue to struggle with their broken relationship and infertility, and their unique connection runs deep.

3.1.2. Passion

Passion is the main theme that is explored throughout the story. The novel tells the story of Quinn and Graham, a couple whose seemingly perfect marriage is threatened by their imperfect past and present. Despite the challenges they face, their passion for each other is constant, and it is this passion that drives them to fight for their relationship. The novel explores the idea that love and happiness don't always go together, and that passion can exist even during pain and sadness. The power of passion in a relationship, and how it can both help and hurt a couple in capturing the intense emotions that arise when falling in love, as well as the pain and frustration that can appear when things don't go according to plan.

3.1.2.a Quinn and Graham's Physical Attraction to Each Other

Quinn and Graham are depicted as a conventionally attractive and successful couple who fall in love with each other. However, Quinn's infertility made her feel like a failed woman, which affected her physical attraction towards Graham.

3.1.2.b Quinn and Graham's Romance and Sexual Activity

Sternberg indicates that passion can be generated by intimacy (1986:122). This is also reflected in Quinn and Graham's relationship. Most of their intimacy leads them to romance, then leads them to sexual consummation. Quinn and Graham first met when they were about to have sex again but were too emotionally affected by their partner's infidelity. Graham left Quinn his phone number, but she never called him. Six months later, they run into each other by chance and reunite, quickly embarking on an intense romantic relationship.

3.1.3. Commitment

The commitment between Quinn and Graham is challenged when they experience infertility and struggle to have children. This struggle puts pressure on their relationship and results in them questioning their commitment to each other. Throughout the novel, the characters navigate this conflict and must ultimately decide if their commitment to each other is strong enough to overcome their struggles. The depiction of commitment in this novel is incredibly complex and nuanced, as the characters grapple with the challenges that arise in their relationship.

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3.1.1. a. *The Decision of Quinn and Graham (The Short-Term Aspect)*

In the short-term aspect of Quinn and Graham resolved that they decided to move to Italy for a few years to be near Ava. This decision came after they faced various challenges in their marriage, including the depression Quinn experienced due to infertility and the secrets they kept from each other. They hoped moving to Italy would help them start over and leave the pain behind. In Italy, Graham opened his own business, and Quinn finally wrote the first book she had long wanted to write. Two years later, they are still married and closer than ever.

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3.1.2. b. *The Commitment of Quinn and Graham (The Long-Term Aspect)*

This reminder of the importance of long-term commitment in a relationship. Despite the challenges that Quinn and Graham face, their commitment to each other helps them to work through their struggles and find a way to stay together. The long-term aspect of Quinn and Graham's commitment is that they endeavor to make their marriage work despite the challenges they face.

They have built up **2** memories, mistakes, and secrets over the years that are now tearing them apart. Quinn struggles to express her true feelings to Graham, while Graham pours his heart out through letters but locks them in a box. They faced miscommunication, big misunderstandings, and secrets that led to their marital problems. Quinn's depression from infertility widened the distance between her and Graham, but they tried to navigate their crumbling marriage and make it work. Graham propositioned Quinn, asking him to go through her "Category 5 Moments" with him.

3.2. The effects of consummate love are experienced by the main characters of "All Your Perfects"

"All Your Perfects" is a romance novel written by Colleen Hoover. The story is based on the main characters, Quinn and Graham, and their journey through the ups and downs of their marriage. Consummate love is one of the novel's main themes, and both Quinn and Graham experience its effects in different ways. According to psychologist Robert Stenberg's Triangular Theory of Love, consummate love is the highest form of love. It is characterized by intimacy, passion, and commitment. In this novel, Quinn and Graham experience all three components of perfect love at various points in their relationship. The main characters, Quinn and Graham, experience a variety of emotions throughout the book, including the effects of consummate love.

3.2.1 The Effects of Intimacy

The triangular love concept of consummate love is explained through the intimate relationship between Quinn and Graham. Consummate love, also known as complete or perfect love is the highest form of love which is characterized by a deep emotional connection, physical attraction, and commitment to one another. Throughout the novel, the researcher sees Quinn and Graham struggle with infertility and the stress it causes in their marriage. However, despite their difficulties, they continue to show unwavering loyalty to each other. They share a level of intimacy that goes beyond physical attraction; they understand each other deeply emotionally. Their relationship is not perfect, but it is a reality. They confront challenges that test their commitment to each other but are ultimately stronger for it. The intimacy they share is not just about physical pleasure but about being vulnerable with each other and sharing their deepest fears and desires.

The effects of intimacy touch on the effects of past traumas and secrets on a couple's intimacy, and how these issues can continue to affect a relationship long after the initial event has occurred. The story emphasizes the importance of open communication and a willingness to face and overcome past issues to maintain a healthy and fulfilling relationship between Quinn and Graham.

3.2.2 The Effects of Passion

The Passion plays an instrumental role in the relationship between the main characters, Graham and Quinn. The novel explores the effects of passion on a marriage that is struggling due to infertility and other issues. The passion that Graham and Quinn once had for each other remained but was overshadowed by their struggles. As time passed, their love became deeper and more meaningful, and their physical and emotional connection remained strong.

The effects of passion are its intense and consuming nature and the way it can bring people together and tear them apart. It also explores the effects of past traumas and how they can affect the current couple between Quinn and Graham. Additionally, on the importance of communication, forgiveness, and acceptance in relationships.

3.2.3 The Effects of Commitment

Quinn and Graham's love story is no typical love story. They meet in unusual circumstances and fall in love quickly, but their journey together has been far from simple. As they face challenges like infertility and infidelity, their commitment to each other is tested.

Effects of commitment the main characters Quinn and Graham, struggle with infertility and the strain it puts on their marriage. Quinn's internal conflicts and feelings of inadequacy lead her to hide her struggles from Graham, while Graham struggles with feelings of helplessness and disconnection from Quinn. However, both are committed to each other and can overcome their problems together

4. CONCLUSION

Love has three parts, which are the three additions are the closeness part, the desire part, and the decision/commitment part. These parts help people to measure the love between each other in a couple's life. The writer discovered that all of these parts are shared by the main character. Colleen Hoover' *All Your Perfects* novel, Quinn and Graham, in their love couple using the consummate love style.

Intimacy in Quinn and Graham's couple is depicted from the evidence that shows six feelings of intimacy. They have experienced happiness with each other, and Receipt emotional support from each other, Mutual understanding with each other, high regard with each other, shared self and other possessions and one's personal with each other, and value each other in one's life. The passion in their couple itself is depicted from the evidence that shows the physical attraction of Quinn and Graham to each other also their romance and sexual activities. Meanwhile, Quinn and Graham's decision to love each other and restart their couple proves the short-term aspect of the commitment component. Then, the long-term aspect of the commitment component in their relationship is shown when they decide to maintain their love in marriage.

The story is based on the main characters, Quinn and Graham, and their journey through the ups and downs of their marriage. Consummate love is one of the novel's main themes, and both Quinn and Graham experience its effects in different ways are effects of intimacy, the effects of passion, and the effects of commitment in triangular love.

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