



IMPACT OF LOVE LANGUAGE ON EMOTIONAL INTIMACY IN

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Abstract

The current study used a quantitative, cross-sectional research design to investigate how love languages affect emotional intimacy in married couples. Standardized self-report questionnaires measuring the 5 love language dimensions—words of affirmation (WoA), acts of service (AoS), receiving gifts (RG), quality time (QT), and physical touch (PT)—as well as emotional intimacy were used to gather data from 200 married people. The data was analyzed using multiple regression analysis, descriptive statistics, and Pearson's correlation using SPSS. The results showed that emotional intimacy was positively and significantly correlated with every aspect of love language. Quality time emerged as the strongest predictor, followed by acts of service and words of affirmation, according to regression analysis, which also showed that love languages collectively explained a significant portion of variance in emotional intimacy. Though to a lesser degree, receiving gifts and being physically touched also made a significant contribution. The findings highlighted the significance of interaction-based and emotionally expressive love languages in promoting emotional intimacy in marriages. The study emphasized how important it is to recognize and address a partner's preferred love language in order to improve emotional closeness and fortify marriages.

Keywords: *Love Languages; Emotional Intimacy; Married Couples; Marital Relationships; Emotional Communication; Relationship Dynamics*



1. INTRODUCTION

Psychological well-being and long-term relational commitment among married couples are influenced by emotional intimacy, which has long been acknowledged as a fundamental component of marital satisfaction and relationship stability. Although commitment and affection were essential components of marriages, partners' perceptions and experiences of emotional intimacy were frequently influenced by the way love was expressed. Chapman's love language framework offered a methodical explanation of how people varied in how they preferred to receive and express love, implying that, even with the best of intentions, mismatches in emotional expression could jeopardize intimacy. Love languages and relationship satisfaction have been linked in earlier studies, but there hasn't been much empirical research on how they specifically affect emotional intimacy in marriage. To close this gap, the current study used a quantitative approach to examine the relationship between love languages and emotional intimacy in married couples, with the goal of elucidating the ways in which different expressions of love contributed to emotional closeness in marriages.

1.1. Background of the Study

Emotional intimacy has emerged as a crucial factor in determining the quality, stability, and psychological well-being of marriages, and marriages have been studied more and more through the lens of emotional processes. Previous studies had shown that emotional intimacy was influenced by partners' communication of care, support, and emotional availability in addition to the presence of affection. Chapman's Five Love Languages theory, which suggested that partners felt close when love was expressed in personally meaningful ways, offered a widely recognized framework for comprehending individual differences in emotional expression. Love languages have been empirically associated with happiness, marital adjustment, and relationship satisfaction; however, the majority of the literature to date has concentrated on general relationship outcomes rather than specifically examining emotional intimacy as a unique construct within marriage. Furthermore, the need for context-specific quantitative research was indicated by differences in love language expression across cultural contexts and marital stages. In light of this, the current study was conducted to methodically examine how love languages affect married couples' emotional intimacy.



1.2. Love Languages and Emotional Intimacy in Marriage

Because they reflected the ways in which spouses expressed affection and felt emotionally close to one another, love languages and emotional intimacy in marriage were closely related. Each of these ways reflects different emotional needs in married relationships. The depth of emotional connection between partners that is marked by mutual understanding, trust, empathy, and emotional responsiveness is referred to as emotional intimacy. When spouses expressed love in ways that matched their partner's preferred love language, emotional intimacy in marriage was strengthened and feelings of being appreciated, understood, and emotionally supported were increased. The significance of emotional communication patterns in maintaining marital closeness and relational well-being is highlighted by the fact that mismatches in love language expression frequently decreased perceived intimacy despite good intentions.

1.3. Research Objectives

- To examine the relationship between different love language dimensions and emotional intimacy among married couples.
- To determine the predictive influence of love languages on emotional intimacy in marital relationships.
- To identify the most influential love language dimension contributing to emotional intimacy among married couples.

2. LITERATURE REVIEW

Hughes and Camden (2020) investigated the potential of Chapman's Five Love Languages theory to forecast love and relationship satisfaction in the context of romantic relationships. The study, which used a quantitative research design, discovered that certain love language preferences were strongly linked to higher levels of relationship satisfaction. This finding supports the theory that people feel more emotionally fulfilled when love is expressed in ways that suit their preferences. A solid empirical basis for analyzing emotional intimacy using the love language framework was provided by the findings, which highlighted that relational outcomes were influenced not only by the presence of affection but also by the congruence between expressed and preferred love languages.



Mostova, Stolarski, and Matthews (2022) examined how heterosexual couples' relationship satisfaction was impacted by their ability to respond to each other's preferred love language. According to the study, there was a significant increase in relationship satisfaction and emotional connection among those who actively responded to their partner's dominant love language. The findings demonstrated that, compared to general displays of affection, behavioral alignment in love language expression improved relational closeness more successfully. This study, which closely matched the predictive approach used in the current study, reaffirmed the significance of interaction-based love languages, such as quality time and acts of service, in fostering emotional bonds.

Tadros (2025) provided a theoretical explanation for differences in emotional intimacy between couples by combining romantic attachment theory with love language preferences to conceptualize couple relationships. According to the study, love languages served as emotional communication channels for the expression and satisfaction of attachment needs. The results indicated that by promoting security, trust, and emotional responsiveness in relationships, emotionally expressive love languages promoted greater emotional intimacy. The interpretation of love languages as significant indicators of emotional intimacy rather than flimsy behavioral characteristics was supported by this conceptual framework.

Maryam and Iqbal (2024) examined how love languages affect married people's happiness and marital adjustment, with an emphasis on relational well-being. According to their findings, love languages acted as relational mechanisms that improved emotional understanding and mutual satisfaction between spouses, and they significantly contributed to marital happiness and adjustment. The study underlined that love languages were especially important in long-term marriages because ongoing emotional expression and responsiveness were necessary for maintaining emotional intimacy. Examining married couples as a separate population in love language research was empirically supported by this study.

Kamali et al. (2020) found that emotional communication, empathy, and mutual understanding were essential to preserving intimacy after conducting a qualitative analysis to determine the factors influencing marital intimacy among married couples. The study's conclusions emphasized emotional expression and responsive interaction as essential elements of marital intimacy, even though it did not specifically measure love languages. The conceptual foundation of emotional intimacy as a multifaceted relational construct was strengthened by



these insights, which complemented quantitative love language research by elucidating why emotionally engaging behaviors contributed to deeper intimacy.

3. RESEARCH METHODOLOGY

The purpose of this study was to investigate how married couples' emotional intimacy is affected by their love languages. To methodically examine how various manifestations of love affected the perception of emotional closeness in marriages, a quantitative, cross-sectional research design was used. When evaluating the relationship between the main study variables, the methodology was designed to guarantee validity, reliability, and statistical rigor.

3.1. Research Design

A quantitative correlational research design was implemented in the research. Since the goal was to assess the direction and strength of the relationship between love languages and emotional intimacy rather than to prove causation, this design was deemed suitable. The study was cross-sectional in nature because the data were gathered all at once.

3.2. Sample

The target population comprised married couples residing in urban and semi-urban areas. A total sample of 200 married individuals (100 couples) was selected for the study.

A purposive sampling technique was used, with participants meeting the following inclusion criteria:

- Legally married for at least one year
- Living together at the time of data collection
- Willingness to participate voluntarily

This sampling approach ensured that respondents had sufficient marital experience to meaningfully report on emotional intimacy and love language expression.

3.3. Variables of the Study

- Independent Variable: Love Language
 - (WoA)



- (AoS)
- (RG)
- (QT)
- (PT)
- Dependent Variable: Emotional Intimacy

These variables were operationalized using standardized measurement scales to enable quantitative analysis.

3.4. Research Instruments

Data were collected using a structured questionnaire consisting of three sections:

1. Demographic Information: Included age, gender, duration of marriage, education level, and employment status.
2. Love Language Assessment: Love languages were measured using a modified version of a standardized love language scale, consisting of Likert-type items assessing the frequency and importance of each love language dimension.
3. Emotional Intimacy Scale: Emotional intimacy was measured using a validated emotional intimacy questionnaire assessing emotional closeness, trust, empathy, and emotional support between spouses.

3.5. Reliability and Validity

Cronbach's alpha was used to evaluate the instruments' reliability, and all subscales had acceptable internal consistency values ($\alpha \geq 0.70$). While construct validity was bolstered by previous empirical use of the chosen scales, content validity was guaranteed through expert review by psychologists and social science researchers.

3.6. Data Collection

Information was gathered through the use of self-administered surveys. The participants were informed of the study's purpose and were assured of their privacy and confidentiality. Prior to

participation, informed consent was acquired. To increase response rates, questionnaires were given out both in person and via online survey forms.

3.7. Statistical Analysis

Collected data were coded and analyzed using SPSS at $p < 0.05$. The following statistical techniques were applied:

- Descriptive statistics
- Pearson's correlation analysis
- Multiple regression analysis

3.8. Ethical Considerations

All necessary precautions were taken to ensure that the study was ethically conducted. Participation was totally optional, and participants were informed they could stop at any moment. To maintain confidentiality, personal identifiers were removed from data files, and all information gathered was used exclusively for scholarly research.

4. DATA ANALYSIS

By analyzing the collected data, we sought to understand how marital intimacy relates to the different love languages. The SPSS was used for statistical analysis. To summarize participant characteristics, evaluate the degree of emotional intimacy, and ascertain the impact of various love languages on emotional intimacy, both descriptive and inferential statistical methods were used. For all inferential tests, the significance level was set at $p < 0.05$.

Table 1: Demographic Profile of the Respondents

Variables	Category	(n)	(%)
Gender	Male	100	50.0%
	Female	100	50.0%
Age (Years)	21–30	48	24.0%
	31–40	82	41.0%

	41–50	46	23.0%
	Above 50	24	12.0%
Duration of Marriage (Years)	1–5	62	31.0%
	6–10	71	35.5%
	11–15	41	20.5%
	Above 15	26	13.0%

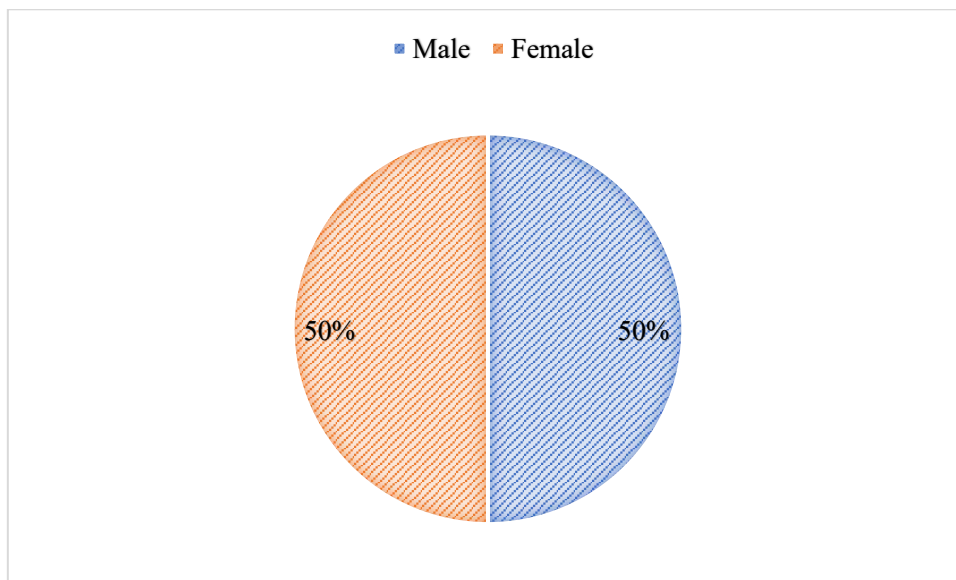


Figure 1: Visual Representation of Gender Distribution of Respondents

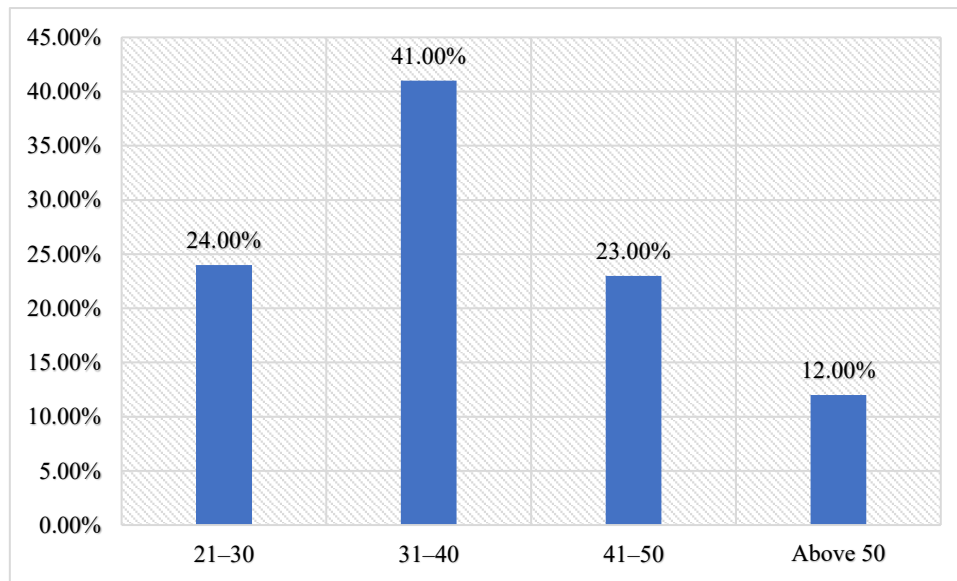


Figure 2: Visual Representation of Age Distribution of Respondents

A balanced and methodologically sound sample of 200 respondents is indicated by the demographic profile. Gender bias in the analysis was minimized because the gender distribution was equal, with 50% of the population being male and 50% being female. The majority of respondents (41%) were between the ages of 31 and 40, followed by those between the ages of 21 and 30 (24%) and 41 and 50 (23%). This suggests that the sample primarily consisted of people who were actively engaged in marriage and starting a family. The majority had been married for 6–10 years (35.5%) and 1–5 years (31%), indicating significant exposure to marital dynamics related to emotional intimacy and the expression of love. Overall, the distribution shows sufficient variation across age and length of marriage, bolstering the validity of further relational analyses.

Table 2: Descriptive Statistics of Love Language Dimensions and Emotional Intimacy

Variable	Mean	Standard Deviation
Words of Affirmation	3.82	0.61
Acts of Service	3.94	0.58
Receiving Gifts	3.45	0.67
Quality Time	4.02	0.55

Physical Touch	3.76	0.63
Emotional Intimacy	3.89	0.59

The descriptive statistics for married couples' emotional intimacy and love language dimensions are shown in Table 2. Quality Time ($M = 4.02$, $SD = 0.55$) was the most highly endorsed love language, according to the mean scores, indicating that respondents valued shared time and concentrated attention. Acts of Service ($M = 3.94$, $SD = 0.58$) and Words of Affirmation ($M = 3.82$, $SD = 0.61$) came next, indicating a strong preference for encouraging deeds and verbal expressions of gratitude in marriage. Receiving Gifts had the lowest mean score ($M = 3.45$, $SD = 0.67$), suggesting it was less emphasized than Physical Touch, which also had a relatively high mean ($M = 3.76$, $SD = 0.63$). With comparatively little variation in responses, the mean score for emotional intimacy ($M = 3.89$, $SD = 0.59$) indicates that participants generally reported a moderately high degree of emotional closeness in their marital relationships.

Table 3: Pearson's Correlation between Love Languages and Emotional Intimacy

Variables	WoA	AoS	RG	QT	PT	EI
WoA	1					
AoS	.48**	1				
RG	.36**	.41**	1			
QT	.52**	.56**	.39**	1		
PT	.44**	.47**	.33**	.58**	1	
ET	.52**	.58**	.34**	.64**	.49**	1

According to this correlation matrix, married couples' emotional intimacy was positively and significantly correlated with each of the five love language dimensions. At the 0.01 level, Words of Affirmation ($r = .52$), Acts of Service ($r = .58$), Receiving Gifts ($r = .34$), Quality Time ($r = .64$), and Physical Touch ($r = .49$) all demonstrated statistically significant associations with

emotional intimacy, indicating that greater emotional closeness between spouses was associated with higher expression of these love languages. Receiving Gifts showed a relatively weaker but significant relationship with emotional intimacy, whereas Quality Time showed the strongest association among the dimensions, emphasizing its crucial role in fostering emotional connection within marriage. Overall, the results lend credence to the idea that a variety of love expressions work together to foster emotional closeness in marriages.

Table 4: Multiple Regression Analysis Predicting Emotional Intimacy from Love Languages

Model Summary

Model	R	R ²	Adjusted R ²	Std. Error of the Estimate
1	.72	.52	.51	.41

The model explained 52% of the variance in emotional intimacy, indicating a strong overall model fit.

ANOVA^a

Model	Sum of Squares	df	Mean ²	F	Sig.
Regression	35.21	5	7.04	42.01	.000
Residual	32.41	194	.17		
Total	67.62	199			

^a Dependent Variable: Emotional Intimacy

The regression model was statistically significant, $F(5, 194) = 42.01, p < .001$, indicating that the set of love language variables significantly predicted emotional intimacy.

Coefficients^a

Model	β	Std. Error	β	t	Sig.
(Constant)	0.84	0.29	—	2.90	.004
Words of Affirmation	0.23	0.07	.21	3.14	.002

Acts of Service	0.28	0.07	.26	3.88	.000
Receiving Gifts	0.14	0.07	.11	1.98	.049
Quality Time	0.36	0.07	.34	5.02	.000
Physical Touch	0.21	0.07	.19	2.87	.005

According to the multiple regression analysis, married couples' emotional intimacy was significantly predicted by the combined dimensions of love languages. The model explained 52% of the variance in emotional intimacy ($R^2 = .52$). The overall regression model showed a strong model fit and was statistically significant ($F(5, 194) = 42.01, p < .001$). The most significant predictor of emotional intimacy was Quality Time ($\beta = .34, p < .001$), followed by Acts of Service ($\beta = .26, p < .001$) and Words of Affirmation ($\beta = .21, p < .01$). While Receiving Gifts had a relatively smaller but statistically significant effect ($\beta = .11, p < .05$), Physical Touch also demonstrated a significant positive influence ($\beta = .19, p < .01$). These results imply that material displays of affection are not as important in promoting emotional intimacy as emotionally expressive and interaction-based love languages.

5. CONCLUSION

By empirically investigating the influence of love languages on the development of emotional intimacy between married couples, the current study effectively achieved its goals. The results showed a significant correlation between emotional intimacy and all five dimensions of love language, indicating that different ways of expressing love have a significant impact on emotional intimacy in marriages. Additional investigation revealed that love languages as a group were powerful predictors of emotional intimacy, accounting for a significant amount of its variance, underscoring their usefulness in married relationships. Quality time was found to be the most significant contributor among the dimensions, followed by acts of service and words of affirmation. This suggests that interaction-based and emotionally charged displays of love are more important in promoting intimacy than tangible forms of affection. Overall, the study emphasizes how crucial it is for partners to acknowledge and communicate their preferred love languages in order to improve emotional closeness and fortify marriages.



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