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Speaking the Language of Love: On Whether Chapman's Claims Stand Up to Empirical Testing

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Abstract:

This paper explores and tests the claims made by Chapman (1992) in his popular press book *How to Express Heartfelt Commitment to your Mate*. One of Chapman's fundamental claims is that couples who receive their respective preferred love languages experience higher quality relationships. Pairs of Couples (N = 83) reported their preferences for and tendencies to demonstrate Chapman's five love languages. Completed measures of relational quality, including feeling and giving preferred love languages, and suggest that few couples meet Chapman's criteria for high quality. After collapsing couple combinations to reflect matched, mismatched, or partially matched (receiving and giving their love language preferences), a significant result surfaced regarding satisfaction. More specifically, matched and mismatched couples' reports of relational quality exhibited significant differences. Other results from tests of ANOVA and MANOVA provided little empirical support for the notions of love languages.

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