



Love Relationship Satisfaction, Love Styles and Suicidal Ideation Among University Students

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ABSTRACT

The suicide rate is increasing at an alarming pace, even among university students. Thus, this study attempted to identify suicidal ideation among university students through the perspective of love relationships (love satisfaction, love styles) and gender differences. This quantitative study presents and discusses empirical findings from a survey of 873 Malaysian public university students conducted by questionnaire. Analysis of the responses demonstrated that love relationship satisfaction was not associated with suicidal ideation among university students. On the other hand, there is a link between university students' love styles and suicide ideation. Love relationship satisfaction is positively correlated with love styles as well. The prevalence of suicidal ideation among university students varies significantly by gender, with females being more likely than males to harbour such thoughts. Therefore, establishing a crisis intervention programme and providing professional psychological and counselling services would assist, help, and support university students to reduce the emergence of suicide ideation related to this matter.

Keywords: university students, love relationship satisfaction, love styles, suicidal ideation

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1 INTRODUCTION

In 2021, World Health Organization (2021) concluded that more than 700,000 people die due to suicide every year; shockingly, university students were included in this figure. University students are expected to be competent and balanced in almost every regard. They must also be capable of caring for their physical, mental, and emotional requirements. We have to acknowledge that not all university students are flawless and that they are simply human. Some of them did decide to end their life for unknown reasons at some point. Among other the reasons for suicide attempts involving university students were love problems such as love affairs and love disappointment (Granieri et al., 2022; Jannath *et al.*, 2022; Urme *et al.*, 2022; Bantjes *et al.*, 2019). Hamidin and Maniam (2011) also stated that one of the most commonly reported threatening life events prior to a suicide attempt is breaking off a steady relationship. Research has shown that respondents who experienced a breakup from a steady romantic relationship experienced a higher risk of suicidal ideation than those not involved in a broken love relationship (Ritter *et al.*, 2023; Love *et al.*, 2018). You *et al.* (2014) also stated in their research that rupture of love relationships had the highest risk for suicidal attempts among students from six universities in Wuhan, China. Those who experienced love affairs had a 1.7 times higher risk of attempting suicide and a 1.3 times higher risk of having suicidal ideation. A few possible factors that lead to suicidal ideation among young people have been identified, and a broken romantic relationship has been listed as the highest ranking, specifically toward male participants. Research on suicidal ideation conducted in the Asian context is also still scarce. As suicide attempt cases are getting more worrying (Bernama, 2020), this research aims to verify the association between love relationship satisfaction, love styles, and suicidal ideation among university students, especially in the Malaysian setting.

2 BACKGROUND OF STUDY

According to Choi et al. (2017), the primary factor that contributes to someone committing suicide has been identified as suicidal ideation. Suicidality is mainly associated with interpersonal affairs, which include broken love relationships (Bantjes et al., 2019; Granieri et al., 2022; Jannath et al., 2022; Urme et al., 2022). Suicidal conduct is triggered by unfavourable internal experiences like self-perception and negative external experiences like the environment, especially the circumstances. Suicidal ideation can sometimes result from wanting to flee from upsetting events to influence the environment or desire to engineer interpersonal change (Matthews, 2012). Changes in sleep habits, accidental weight loss, decreased appetite, and extreme tiredness are among the physical signs of suicidal ideation.

According to studies by Auerbach et al. (2018) and Mortier et al. (2018), female university students are more likely than male university students to report mental health issues, and suicidal thoughts or actions and are more likely to use mental health care resources (e.g., Bruffaerts et al., 2019). On the other hand, based on some studies (Kok & Goh, 2011; Oliffe et al., 2022; Scourfield & Evans, 2014), males are more likely to commit suicide due to romantic relationships regardless of their ethnic group compared to females because they are more emotionally vulnerable. Oliffe, suicide attempts are more common in females (Eaton et al. 2012). According to the Ministry of Health Malaysia (2019), it is challenging to detect males showing symptoms of mental health disorders because males tend to hide their feelings and want to maintain their masculine images, leading to

suicide. However, the rate of suicidal attempts among females was three times higher than among males (Befrienders Worldwide, 2016; Eaton et al., 2012).

The desire to have someone to be with started to emerge during adolescence. Throughout the years, love relationships have gained importance in a young person's life. According to Bernales and Colonia (2011), most university students balance their time between romantic relationships and academic studies. University students' lives are mainly consumed by romantic relationships (Myers, 2010). According to Gómez-López *et al.* (2019), involvement in a love relationship brings benefits like belongingness, happiness, and an increased understanding of oneself. A love relationship is defined as an intimate partner relationship between girlfriends and boyfriends, either heterosexual or of the same gender, that involves physical and emotional intimacy. Kazan, Callear, and Batterham (2016) stated that a significant adverse life event, such as a love relationship breakdown, significantly leads to suicidal ideation.

When someone is involved in a love relationship, some love style will affect his or her feelings and behaviour towards the romantic relationship (Mridhula *et al.*, 2018; Raffagnino & Puddu, 2018). Six love styles emphasise intrinsic behaviours towards love, known as Eros, Storge, Agape, Ludus, Pragma, and Mania (Raffagnino & Puddu, 2018). Eros focuses on the beauty of the outer appearance with intense emotion and commitment and sees their lovers as destiny. Storge is composed of companionship, which then leads to love and commitment. Agape incorporates caring, tolerance, and giving, which are the partner-centred elements of love, with the addition of commitment. Ludus frequently takes part in relationships with several partners. This commitment avoids robust connectivity in emotions and jealousy, but acceptance of manipulation and deception is frequently accepted.

Compatibility and future goal determination are the focus of Pragma, while Mania consists of intense jealousy and emotional dependency. Since Ludus, Storge, Pragma, and Agape styles are not prone to having an excessive emotional dependency on romantic relationships, this causes insufficient associations between these four love styles and suicidal ideation (Hendrick & Hendrick, 1992; Lee, 1973, 1977).

Hammock and Richardson (2011) stated that those who obtained higher scores in Mania were prone to encounter emotional disturbance until the stage of suicidal ideation came to the surface. Studies were further supported by Taggart (2011), which stated that manic lovers desperately need to be loved and constantly require attention from their partners. Furthermore, Eros is positively associated with compassionate love and will contribute to the perception of an increase in self-esteem, self-awareness, positive morality, and spirituality (Sprecher & Fehr, as cited in Neto, 2012).

It has been proven that love styles are associated with love relationship satisfaction, including Eros, Agape, and Ludus (Mridhula *et al.*, 2018; Raffagnino & Puddu, 2018). It is also found that Eros and Agape love styles are positively associated with love relationship satisfaction, while Ludus love styles have a negative relationship (Fehr et al., 2014; Neto & Pinto, 2015; Vedes et al., 2016). For males and females, Eros was positively related to love relationship satisfaction, while Agape has a negative association with love relationship satisfaction. Horn's study (as cited in

Sharma & Kochar, 2017) demonstrated that love relationship stability is best represented by satisfaction in a love relationship. Love relationship satisfaction is also defined as the subjective evaluation of one's actual relationship related to the prototype of a good relationship. When one's ideal love relationship aligns with their actual experiences, love relationship satisfaction is achieved. The ideal state of a love relationship is formed through observing the other or based on previous experience (Guerrero, as cited in Sharma & Kochar, 2017).

Table 1. Brief description of love styles.

Love Styles	Main Characteristics
Eros Primary style	-It is typical of persons with a passionate and romantic attitude toward love based on passion and physical and emotional attraction toward a partner.
Ludus Primary style	-It is a typical attitude of persons who see love as a game; the focus of ludus people is on having fun at the moment, and therefore, they live their relationship in an uncommitted way
Storge Primary style	-It is a friendly love attitude, as the persons with this love style tend to express friendship feeling toward the others; their couple relationships are also based more on similar interests and commitment with the partner rather than on passion
Mania Secondary style	-It is the expression of a manic attitude towards love, implying possessive and obsessive behaviours; the persons with this love style need to be loved by one's partner, and they are possessive and jealous lovers
Pragma Secondary style	-It is typical of persons who express a pragmatic and rational attitude toward love; for this reason, they tend both to choose the partner based on the characteristics they believe are essential to them and to look for partners with whom they can share common goals
Agape Secondary style	-This love style distinguishes persons with altruistic attitudes and behaviours; they tend to live an unconditional, selfless love, and they tend to be willing to sacrifice anything for the others to whom they provide support, care and respect

Colour Wheel Theory of Love

Canadian psychologist John Alan Lee established the idea of the Colour Wheel Theory of Love in the year of 1973. Love is categorised into six various kinds of styles, which consist of Primary styles and Secondary styles.

Both Primary and Secondary styles are not considered mutually exclusive in an individual. Instead, it is attitudinal (Hendrick & Hendrick, 1997). Eros is love at first sight, intense physical attraction and desire towards an ideal person. It provides a framework for a better view of the difference in love between different individuals. In addition, love is treated as a game for Ludus lovers who do not wish to make life commitments in developing a love relationship. As for Storgic lovers,

affection was already within them since it started slowly from friendship, and the romantic relationship finally settled.

On the other hand, the secondary styles are derived from primary styles. Pragma is the mixture of both Ludus and Storge. It is a conscious search for a compatible partner, a practical approach to love instead of emphasising physical attraction (Lee, 1988). Besides, manic lovers are possessive towards their partners and get jealous quickly. It shows how one can fall in love deeply due to their love towards their lover. The combination of Eros and Storge form Agape. It is known as selfless and altruistic love. They see love as a duty. Each love style has different emotional intensity. Eros and Mania lead the intensity of emotion, and Ludus, Storge and Pragma follow up with Agape. As a continuation of research for The Colour Wheel Theory of Love, a set of forty-two items scales, known as the Love Attitude Scale (LAS), was standardised by Hendrick and Hendrick (1986). It attempts to quantify the various love styles. The scale allows researchers to find the association between different love styles, relationship satisfaction, and gender differences in love beliefs (Hendrick, Hendrick, & Adler, 1988; Morrow, Clark & Brock, 1995).

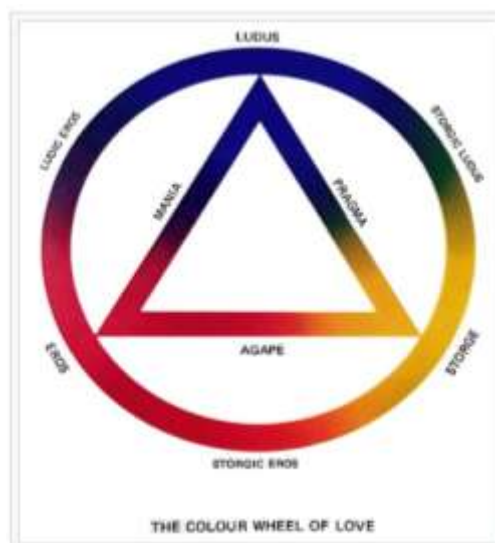


Figure 1. The colour wheel theory of love by John A. Lee (Source: from https://en.wikipedia.org/wiki/Colour_wheel_theory_of_love)

3 METHODOLOGY

A questionnaire is the most popular data collection technique in social science studies (Sekaran & Roger, 2003). The questionnaire was distributed randomly to 1200 university students at 20 public universities in Malaysia via email or WhatsApp application. 873 (70 female) university students' responses were usable for subsequent analysis, giving a response rate of 72.8 per cent. This survey used a 5-point Likert scale to know the respondents' views. The measurements used in the survey were adapted from related studies and articles with some modifications to suit the sample.

Measurements that have been used in this research are the Love Attitude Scale (LAS), Couple Satisfaction Index (CSI), and Suicidal Ideation Questionnaire (SIQ).

The Love Attitude Scale (LAS) that Hendrick and Hendrick developed in 1986, based on Lee's (1977) love theory-typology, was used to measure students' attitudes toward love. There were forty-two-item of questionnaires which were modified into thirty questions for this research study. The questionnaire combines attitudes toward one's current or recent (or hypothetical) partner with attitudes about love in general. The scale is broken into six subscales (7 items each) that each represents a different love style: Eros (passionate love), Ludus (game-playing love), STORGE (friendship and love), PRAGMA (practical love), Mania (possessive, dependent love) AGAPE (altruistic love). The participants were required to answer on a five-point Likert Scale, which ranged from 1-5 in ascending order (1-Strongly Disagree (SD), 2-Disagree (D), 3-Neutral (N), 4-Agree (A), and 5-Strongly Agree (SA)

The Couple Satisfaction Index (CSI) was used to measure one's satisfaction in a relationship (Funk & Rogge, 2007). The scale has various items with different response scales and formats. The scale had been shrunk to a 16-item or even a 4-item format.

The Suicidal Ideation Questionnaire (SIQ), developed by Reynolds in 1987 and modified in 1999 by Ferreira and Castela (as cited in Ponte *et al.*, 2014), was used to identify the prevalence of suicidal ideation among young adults in the past 12 months. Thirty questions were modified into 15 questions for this research study. Five scales were used to represent the degree of severity of suicidal ideation. Respondents had to choose one option from the scale (1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, and 5 = Strongly Agree).

4 RESULTS

To ascertain whether there was a significant association between love relationship satisfaction and suicidal thoughts among university students, a Pearson Correlation Test was carried out. It was indicated by the coefficient of correlation, denoted by the coefficient of correlation r . The level of significance used was 0.05 ($\alpha=0.05$). As the p -value > 0.05 , where ($r= -0.088$, $p=0.089$, $p> 0.05$), the null hypothesis was accepted. Therefore, it is concluded that there is no significant relationship between love relationship satisfaction and suicidal ideation among university students.

To ascertain whether there was a significant association between love styles and suicidal thoughts among university students, a Pearson Correlation Test was carried out, and it was indicated by the coefficient of correlation, denoted by the coefficient of correlation r . The level of significance used was 0.05 ($\alpha =0.05$). The Pearson Correlation in Table 2 showed that p -value 0.05, where $r = 0.163$, $p = 0.002$, $p<0.05$). Since the p -value was 0.05, the null hypothesis was rejected. Therefore, it is concluded that a fragile positive significant relationship exists between love styles and suicidal ideation among university students.

Table 2. Pearson correlation of independent variables (love relationship satisfaction and love styles) with suicidal ideation.

	Suicidal Ideation	Love Relationship Satisfaction	Love Styles
Suicidal Ideation	-	-.088	.163**
Love Relationship Satisfaction	-.088	-	.300**
Love Styles	.163**	.300**	-

* $p < 0.05$, ** $P < 0.01$

The specific love style among the six love styles that most strongly influence suicide ideation in university students was identified by a multiple regression test, and the coefficient of correlation or r showed it. The level of significance used is 0.05 ($\alpha=0.05$). These variables statistically significantly predicted suicidal ideation: $F(6, 866) = 7.391$, $p = 0.05$, $R^2 = 0.108$. Based on the R square in Table 3, 10.8% of the variance in the dependent variable, love styles, is explained by the independent variable, suicidal ideation. Eros had a negative B value, which indicated a negative relationship. As Eros values increase, suicidal ideation will decrease. On the contrary, mania had a positive B value, which indicated a positive correlation with suicidal ideation. The higher the scores of mania, the higher the risk of having suicidal ideation. Eros, $t(872) = -2.103$, ($p = 0.036$, $p < 0.05$), and Mania, $t(872) = 5.746$, ($p = 0.000$, $p < 0.01$), were significant predictors of suicidal ideation in this model. Based on the magnitude of the t-statistics, Mania had more impact than Eros. Moreover, the standardised beta values (β) for Eros was -0.111. Mania was at 0.313, proving that Mania had more impact than Eros. In sum, only Eros (passionate love) and Mania (possessive love) significantly predicted suicidal ideation, $p=0.05$.

Table 3. Multiple regression analysis for variables (love styles) predicting suicidal ideation.

Predictors	B	SEB	β	t	P
(Constant)	1.228	.440		2.791	.006**
Eros	-.155	.074	-.111	-2.103	.036*
Ludus	-.007	.074	-.005	-.091	.928
Storge	.056	.072	.040	.772	.441
Pragma	-.004	.076	-.003	-.059	.953
Mania	.350	.061	.313	5.746	.000**
Agape	.022	.071	.018	.311	.756

$R^2 = 0.108$

* $p < 0.05$, ** $p < 0.01$

The coefficient of correlation, abbreviated r , was used to establish whether there is a significant association between love relationships and university students' contentment with their romantic relationships. The level of significance used was 0.05 ($\alpha = 0.05$). The Pearson Correlation in Table 2 showed that p -value 0.05, where $r = 0.300$, $p = 0.00$, $p < 0.05$. The null hypothesis was rejected

because of the p -value of 0.05. Therefore, it is concluded that there is a weak positive significant relationship between love styles and love relationship satisfaction among university students.

Table 4. Multiple regression analysis for variables (love styles) predicting love relationship satisfaction.

Predictors	B	SEB	β	t	p
(Constant)	1.674	.263		6.364	.000**
Eros	.607	.044	.579	13.792	.000**
Ludus	-.130	.044	-.119	-2.928	.004**
Storge	.082	.043	.079	1.881	.061
Pragma	-.059	.046	-.054	-1.287	.199
Mania	-.096	.036	-.115	-2.637	.009**
Agape	.186	.043	.199	4.368	.000**

$R^2 = 0.431$

* $p < 0.05$, ** $p < 0.01$

The specific love style among the six love styles that contributed the most to university students' love relationship satisfaction was identified by a multiple regression test, and the coefficient of correlation or r showed it. The level of significance used is 0.05 ($\alpha=0.05$). These variables significantly predicted love relationship satisfaction: $F(6, 866) = 46.407$, $p = 0.05$, $R^2 = 0.431$. Based on the R square in Table 4, 43.1% of the variance in the dependent variable, love relationship satisfaction, is explained by the independent variables, the love styles. It proved that love styles were significant predictors of love relationship satisfaction. Both Eros and Agape had positive B values, which indicated positive relationships towards love relationship satisfaction. On the other hand, Ludus and Mania had negative B values, which indicated a negative association with love relationship satisfaction. For this model, Eros, $t(872) = 13.792$, ($p = 0.000$, $p < 0.05$); Ludus, $t(872) = -2.928$, ($p = 0.004$, $p < 0.05$); Mania, $t(872) = -2.637$, ($p = 0.009$, $p < 0.05$) and Agape, $t(872) = 4.368$, ($p = 0.000$, $p < 0.05$) were significant predictors of love relationship satisfaction. Based on the magnitude of the t -statistics, Eros has the most impact, followed by Agape, Ludus, and Mania, with the lowest impact. Moreover, the standard beta values (β) further supported the above sequence. The value for Eros was 0.579, followed by Agape at 0.119, Ludus at -0.119, and Mania with a value of -0.115. Based on the multiple regression analysis, the present study found that Eros (passionate love), Ludus (game-playing love), Mania (possessive love), and Agape (selfless love) significantly predicted love relationship satisfaction ($p = 0.05$).

An independent sample t -test was conducted to determine whether there is a significant difference between genders regarding suicidal ideation among university students. Gender is the independent variable, while suicidal ideation is the dependent variable. The level of significance used is 0.05 ($\alpha = 0.05$). Based on Table 5, the mean of suicidal ideation among females ($N = 611$, $M = 2.08$, $SD = 1.014$) is higher than the mean of suicidal ideation among males ($N = 262$, $M = 1.79$, $SD = 0.906$). The finding indicates that males have a lower risk of having suicidal ideas compared to females. The independent samples t -test in Table 5 showed that the p -value is 0.005, where $t = -2.840$, $df = 871$, $p < 0.05$). The null hypothesis was rejected since because of the p -value of 0.05. Therefore, it is concluded that there is a significant difference in suicidal ideation between genders.

Table 5. Independent T-test comparing male and female students on suicidal ideation.

	Male		Female		<i>t</i>	<i>df</i>	<i>p</i>
	<i>(n=262)</i>		<i>(n=611)</i>				
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
Suicidal Ideation	1.7932	.90559	2.0756	1.01397	-2.840	871	.005**

Note. *M*=Mean. *SD*=Standard Deviation.

***p* < 0.01

5 DISCUSSION

Although numerous studies have demonstrated a relationship between satisfaction and suicidal ideation (Kazan, Calear and Batterham, 2016; Soller, 2014; Till *et al.*, 2017), the present study could not establish an association between love relationship satisfaction and suicidal ideation. The finding can be due to most studies being based on the indirect association between love relationship satisfaction and suicidal ideation by measuring depression, anxiety, and loneliness. According to the "Interpersonal Theory of Suicide" (Orden *et al.*, 2010), one should acquire the urge and the capability to commit suicidality to complete the whole process. The urge to die arises when one sees themselves as a burden to others or feels socially isolated, which could be described as a lack of belongingness. Suicidality will result as a result of having an unhappy love connection because it will increase one's sense of social isolation and burdensomeness (Kazan *et al.*, as cited in Till *et al.*, 2017).

Moreover, Kiecolt-Glaser and Newton (2001) also pointed out that being in a romantic relationship does not necessarily protect mental health and low-quality intimate partner relationships (Arcel *et al.*, 1922) are one of the precipitating factors for suicide. Hossain *et al.* (2016) and Till *et al.* (2017) discovered that the participants who experienced dissatisfaction in a love relationship scored higher on suicidal ideation than those who were in happy relationships or single. A greater number of unresolved or ongoing disputes in romantic relationships will lead to higher rates of suicidal ideation, hopelessness, and depression (Wyder *et al.*, 2009). However, the present study's finding is consistent with a few studies where suicidal ideation is not correlated with love relationship satisfaction. According to Peng (2011), despite lower romantic relationship satisfaction among participants, satisfaction with romantic relationships did not significantly influence suicidal ideation. University students are making a transition to adapt to becoming young adults. Thus they may be experiencing other psychological problems, such as the inability to search for their own identities through social, ideology, and career domains, which can lead to direct and impactful linkage (Portes *et al.*, as cited in Tam, Lee, Har, & Chan, 2011). Another aspect supporting the findings in the present study is that it can be due to the religious factor. In many religions, suicide is considered a sin (Potter, 2021). Therefore, love dissatisfaction cannot be made an excuse for having suicidal thoughts or even committing suicide.

According to the results of the current study, Eros (passionate love) and Mania (possessive love) are significant predictors of suicidal ideation among university students. Eros had a positive correlation with suicidal ideation, whereas Mania had a negative correlation and is the best predictor of suicidal ideation. This finding corresponds with the research by Hammock and Richardson (2011) and Jonason *et al.* (2020), which stated that those who obtained higher scores in Mania are more likely to suffer since they are losing someone on whom they have been depending. They tend to feel emotionally upset and may have suicidal thoughts if there are relational issues since Mania is strongly associated with jealousy (Jonason *et al.*, 2020). Manic lovers are always desperately in need of being loved and require constant attention from their partners. In this situation, a lack of belonging in a romantic relationship may contribute to suicidal thoughts (Orsolini *et al.*, 2022). Manic lovers will contemplate committing suicide when a requirement for satisfying the "desire to" is missing.

Furthermore, Eros is regarded as an enthusiastic love emphasising intimacy and commitment throughout the romantic relationship. The intense emotional aspect of Eros establishes warmth and affection, increasing satisfaction in a love relationship, thus indirectly reducing the effects of suicidal ideation. Compared to Mania, Hendrick & Hendrick (as cited in Neto, 2012) stated that Eros lovers are likelier to wish for "an intense, exclusive focus on the partner but not possessiveness or jealousy." Eros is positively associated with compassionate love, which leads to increased self-esteem, self-awareness, positive morality, and spirituality (Sprecher & Fehr, as cited in Neto, 2012).

The present study's findings also showed a significant relationship between love styles and love relationship satisfaction among university students, which can be used to prove the indirect association of love relationship satisfaction with suicidal ideation. Specifically, Eros (passionate love), Ludus (game-playing love), Mania (possessive love) and Agape (selfless love) significantly predicted love relationship satisfaction. This finding aligns with (Hendrick *et al.* 1988; Meeks, Hendrick & Hendrick, 1998; Morrow *et al.*, 1995; and Lin & Huddleston-Casas, 2005), which proved the association between relationship satisfaction and Eros, Agape, as well as Ludus. The increase in love relationship satisfaction for both Eros and Agape was due to the implementation of relationship-nurturing behaviours (Morrow *et al.*, 1995). Hammock and Richardson (2011) found that those who adapted to Eros as a love style had goals related to the romanticised conception of love. The finding aligns with the past research by Contreras *et al.* (as cited in Fricker & Moore, 2002), which also found that Eros was the strongest predictor of relationship satisfaction, alongside Agape as another positive predictor. Intense physical and sexual attraction are motivators (Taghavi Dinani, 2014).

As a result, Eros, the strongest positive predictor of love relationship satisfaction, has indirectly demonstrated its hostile, antagonistic relationship with suicidal ideation in university students. The higher the reported scores for Eros, the higher the love relationship satisfaction and the lower the risk of having suicidal ideation. Since most studies on couple relationships focused on Eros or other romantic love styles, Agape has received little attention in the context of romantic relationships. Research conducted by Lin and Huddleston (2005) supported this study's findings in that it was also indicated that Agape was strongly associated with love relationship satisfaction, especially among those with longer relationships. The higher the obtained Agape score, the more satisfied an individual felt about their relationship since they were more prone to perceive selfless

love towards their companion, thus resulting in a lasting and good relationship. The finding is also consistent with the intimacy and commitment aspects of the Stenberg Triangular Model of Love (Stenberg, 1986), which emphasises emotional investment and long-term commitment to maintaining a love relationship.

Regarding conflict resolution, which is linked with love relationship satisfaction, Eros and Agape styles are associated with positive conflict resolution strategies (Andrade, 2015). Ludus emphasises playing with love, so they are likelier to have positive emotions instead of being particularly upset even when the relationship ends. Unlike Eros, there is no genuine commitment or emotional dependency.

The current study showed a substantial difference between male and female university students regarding suicidal thoughts. This finding aligns with a study by O'Connor *et al.* (2018) that found that girls were three times more likely than males to attempt suicide. Research by Zhang *et al.* (2019) also indicated that rates of lifetime suicidal ideation are higher in females than in males. Females had higher odds of having suicidal ideation compared to males (Pandey *et al.*, 2019). According to the interpersonal theory of suicide, women are more likely to experience several risk factors that demonstrate or intensify the presence of a sense of betrayed belongingness and perceived burdensomeness. They are more likely to suffer more emotional pain than males, which could later lead to significant depression, thus leading to a higher rate of suicidal ideation. (Van *et al.*, 2010).

In contrast to the findings of Kok and Goh (2011), males are more prone than females to commit suicide due to romantic relationships because they are more emotionally vulnerable. Men succeed at killing themselves three times more often than women (Freeman *et al.*, 2017, Comer, 2004). Males would use more lethal and violent methods to commit suicide than females. Females may be less likely to acquire the capability for suicidal behaviour than males because their tolerance for pain and fear is relatively lower (Van *et al.*, 2010). In other words, while men have higher suicide risks than women, women are more likely to have suicidal thoughts. It is vital to understand how males and females may deal with stressors contributing to the development of suicidal ideation. When it comes to answering questions, females are more expressive than guys. According to Jackson (as cited in Smith, 2008), females are likelier to engage in online information exchange. Males, on the other hand, favour it as information searching. According to England's social exchange theory, which Smith (2008) cites, males are more likely than women to notice behaviour consistent with their unique selves. It makes women more eager to share information, especially regarding suicide ideation. Besides, males are more prone to disclose personal information associated with masculine aspects such as achievement and aggression. At the same time, females are more likely to disclose personal information related to feminine traits like sensitivity and emotionality (Sun *et al.*, 2020). Consequently, these may contribute to the significant difference between genders in suicidal ideation, with females having higher suicidal ideation than males.

6 CONCLUSION

Findings from the study showed that love relationship satisfaction did not contribute to suicidal ideation among university students. On the other hand, it was found that there was a weak positive significant relationship between love styles and suicidal ideation among university students. Eros (passionate love) indicated a negative relationship with suicidal ideation, while Mania (possessive love) demonstrated a positive correlation. Therefore, it can be concluded that having possessive love among university students may lead to the development of suicidal ideation among them. As love styles are a significant predictor of suicide ideation, it is recommended that establishing a crisis intervention kind of programme and providing professional psychological and counselling services would assist, help, and support university students to reduce the emergence of suicide ideation related to this matter. Promoting programs that encourage hope and university students to discuss their relationship problems and use critical helplines could prevent the extent of suicide ideation and actual suicide. We cannot simply take it for granted that it is the students' right to have a love relationship, and we should not forget that they are only ordinary human beings like other people, who may also sometimes make the wrong decision in terms of their love affair by taking their own life.

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