

Development and Validity Evidence of the Myths of Romantic Love Multidimensional Scale (MRL-MS) in Young Chileans

Desarrollo y Evidencias de Validez de la Escala Mitos del Amor Romántico (E-MAR) en Jóvenes Chilenos

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Abstract

Romantic love myths refer to culturally shared beliefs about love, falling in love and relationships. Their study and evaluation are of utmost importance, given that they have been recognized as a risk factor in dating violence with serious implications for the well-being and mental health of young people. The objective of the present study was therefore to develop a scale to evaluate beliefs about romantic love, establishing evidence of reliability and validity for the interpretation of the scores obtained. An instrumental cross-sectional design was carried out, applying the Multidimensional Romantic Love Myths Scale (MRL-MS) to a sample of 1001 Chilean young people between 18 and 25 years of age. As a result, a scale composed of 40 items assessing 8 interrelated dimensions was obtained, with evidence of validity based on internal structure, adequate levels of reliability, and evidence of metric and scalar invariance between sexes. Finally, the limitations of the study are discussed and possible applications and guidelines for future research are proposed.

Keywords: romantic love myths, dating violence, psychometric evidence, adolescence.

Resumen:

Los mitos del amor romántico refieren a creencias culturalmente compartidas sobre el amor, el enamoramiento y las relaciones de pareja. Su estudio y evaluación son de suma importancia, dado que se han reconocido como un factor de riesgo en la violencia en el noviazgo con graves implicancia en el bienestar y salud mental de los jóvenes. Por tanto, el objetivo del presente estudio es desarrollar una escala que permita evaluar las creencias sobre el amor romántico, estableciendo evidencias de fiabilidad y validez para la interpretación de las puntuaciones obtenidas. Se llevó a cabo un diseño transversal de tipo instrumental, aplicando la Escala Multidimensional Mitos del Amor Romántico (MRL-MS) a una muestra de 1001 jóvenes chilenos entre 18 y 25 años. Como resultado, se obtuvo una escala compuesta por 40 ítems que evalúan 8 dimensiones interrelacionadas, con evidencia de validez basada en la estructura interna, adecuados niveles de fiabilidad, y evidencias de invarianza métrica y escalar entre sexos. Finalmente, se discuten las limitaciones del estudio y se proponen posibles aplicaciones y directrices para futuras investigaciones.

Palabras clave: mitos del amor romántico, violencia en el noviazgo, evidencias psicométricas, adolescencia.

Appendix 1: Myths of Romantic Love Multidimensional Scale

The following are a series of statements, with which some people agree and others disagree. Please indicate to what extent you share these ideas, indicating:

1 if you strongly disagree; 2 if you disagree; 3 if you agree; and 4 if you strongly agree.

	1	2	3	4
1	Somewhere out there is a better half for me.			
2	There is only one person made to be with me.			
3	Somewhere, there is someone made to be with each person.			
4	Somewhere, there is someone who completes us.			
5	I am predestined to be with one person.			
6	Being single is unpleasant to me.			
7	If I am not in a loving relationship, I feel lonely.			
8	Being single makes me feel frustrated.			
9	I am afraid of not finding a partner.			
10	I am afraid of being an eternal bachelor or bachelorette.			
11	My partner's scenes of jealousy are signs of love.			
12	If my boyfriend/girlfriend is not jealous of me, it is because he/she no longer loves me.			
13	Jealousy is synonymous with true love.			
14	My partner must be a jealous person to make me feel loved			
15	Jealousy is a sign of love.			
16	If my partner is jealous of me, it means that he/she cares a lot about me.			
17	Having jealous scenes sometimes keeps the relationship alive.			
18	When you love a partner, you can't like anyone else.			
19	If you love someone, you don't feel like being with anyone else.			
20	If my partner tells me that he/she likes someone else, I would feel that he/she does not love me.			
21	Being in love implies loving only your partner.			
22	You should flirt only with your partner.			
23	True love can overcome any obstacle.			
24	Love is enough to solve any problems.			
25	Love can overcome anything.			
26	Love is enough to solve all couple's problems.			
27	True love leads to marriage.			
28	We must stand up for our marriage.			
29	Love is the basis of marriage.			
30	Love must be consolidated in marriage.			
31	Marriage is the stable union of the couple.			
32	Marriage is synonymous with accomplishment in love.			
33	Society imposes on me whom I should like.			
34	My close circle influences my decision to be with someone in a relationship.			
35	Society imposes a prototype of a person I should like.			
36	Family influences my choice of partner.			
37	The relationship in the first few months is the same as time passes.			
38	When one is in love, love remains with the same intensity throughout the relationship.			
39	Love for your partner never changes.			
40	The love you feel the first few months does not change over time.			

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