Hameed's Theory of Relationship

Abdul Hameed Kunhi

Bayar, Kasaragod, Kerala

Abstract

Hameed's Theory of Relationship presents a conceptual framework for understanding the dynamics of interpersonal connections. It posits that relationships, whether between individuals or groups, are fundamentally based on three core elements: Love, Trust, and Understanding. Each of these factors plays a pivotal role in fostering healthy and enduring relationships, but they are susceptible to changes influenced by perceptional and behavioural communication. When compared to other relationship theories, such as Sternberg's Triangular Theory of Love or Attachment Theory, Hameed's model uniquely emphasizes the interplay between behavioural communication and perceptional communication of emotional growth.

Introduction

Relationships are an essential part of human existence, forming the foundation of personal and societal interactions. Hameed's Theory identifies three interrelated components - Love, Trust, and Understanding - as the pillars upon which relationships are built. This theory delves into the dynamics of these elements, exploring their growth, erosion, and interdependence. A comparison with Sternberg's Triangular Theory of Love reveals that while both theories recognize the importance of love, Sternberg focuses on intimacy, passion, and commitment, whereas Hameed's theory incorporates trust and understanding as equally critical dimensions.

The Three Core Elements

1. Love

- Love is described as a bond that grows with care and diminishes with neglect or harm. When nurtured through acts of kindness, empathy, and attention, love strengthens the relationship. Conversely, a lack of care fosters dislike and alienation.

Key Determinant: Care.

- Comparison: Unlike Hameed's emphasis on care, Sternberg's model attributes love's growth to a balance of passion and intimacy, suggesting that care is an outcome rather than a driving force.

2. Trust

- Trust is the foundation of reliability and security within relationships. It flourishes in an environment of honesty and transparency but deteriorates in the presence of deceit or inconsistent behaviour, leading to suspicion.

Key Determinant: Truth.

- Comparison: Attachment Theory also highlights trust but links it to early childhood experiences, suggesting that attachment styles influence trust in adulthood.

3. Understanding

- Understanding reflects the depth of mutual comprehension and acceptance between individuals. It is reinforced by sacrifices and compromises but weakens when self-centered behaviour dominates, resulting in selfishness.

Key Determinant: Considerable Sacrifice.

- Comparison: In contrast to Hameed's focus on sacrifice, theories like Social Exchange Theory view understanding as a reciprocal process of rewards and costs rather than sacrifice-driven.

Influencing Factors: Behavioural and Perceptional communication

Hameed's Theory highlights that communication - both verbal and physical - alongside perception and behaviour, plays a significant role in shaping relationships. Miscommunication or misinterpretation of intentions can alter the trajectory of Love, Trust, and Understanding, either strengthening or undermining them.

- **Verbal Communication:** Spoken words, tone, and clarity influence the exchange of emotions and intentions.
- **Physical Communication:** Body language, gestures, and actions reinforce or contradict verbal communication.
- **Behaviour an**d **Perception:** How actions and words are interpreted by individuals directly impacts their emotional and cognitive responses.

To compare which theory is "better," we can evaluate their strengths based on scope, applicability, and depth:

1. **Scope:**
- Hameed's Theory offers a broader framework by integrating Love, Trust, and Understanding as interdependent elements. It emphasizes their growth and decline based on communication and perception, making it adaptable across various relationship contexts.
- Sternberg's Triangular Theory of Love, on the other hand, is specific to romantic relationships and focuses on intimacy, passion, and commitment. This narrower scope provides a deep understanding of love but might not be as versatile.
- Better in Scope: Hameed's Theory.

2. **Applicability:**
- Hameed's model can apply to diverse relationships (family, friendships, workplace) due to its holistic approach to trust and understanding.
- Sternberg's model excels in diagnosing and categorizing romantic relationships, making it highly effective in couples counselling or romantic evaluations.
- Better in Applicability: Hameed's Theory for general use; Sternberg's for romantic-specific contexts.

3. **Depth:**
- Sternberg provides detailed mechanisms for balancing intimacy, passion, and commitment, which are essential for sustaining romantic relationships. The theory's depth in exploring love's dimensions is unmatched in its domain.
- Hameed's emphasis on behavioural and perception communication gives it a psychological depth.
- Better in Depth: Sternberg's Theory for its precise constructs; Hameed's for behavioural insights.

4. **Integration with Existing Theories:**

- Attachment Theory links childhood experiences to adult trust, complementing Hameed's emphasis on trust and sacrifice.
- Social Exchange Theory's cost-reward mechanism contrasts with Hameed's sacrifice-driven understanding, offering a broader economic perspective on relationships.
- Hameed's theory stands out for integrating diverse elements (Love, Trust, Understanding), making it more comprehensive.

Implications of the Theory

Hameed's Theory underscores the fragile yet adaptable nature of relationships. The dynamic interplay of Love, Trust, and Understanding illustrates that relationships require continuous effort and mindful communication to thrive. A comparative analysis suggests that Hameed's model provides a more integrative perspective, particularly in emphasizing behavioural and perceptional influences.

Conclusion

Hameed's Theory of Relationship offers a profound understanding of the intricate dynamics of human connections. By emphasizing the roles of Love, Trust, and Understanding and their susceptibility to communication both behaviour and perception, the theory serves as a guide for fostering meaningful and enduring bonds. The inclusion of comparisons with established theories like Sternberg's Triangular Theory of Love and Attachment Theory highlights its unique contributions to relationship science.

Hameed's Relationship Equation based on Hameed's theory of relationship

Hameed's Relationship Equation: A Mathematical Model for Relationship Dynamics

Introduction: Hameed's Theory of Relationships presents the concept that a relationship is a bond between two individuals or a group of individuals, built upon three core elements: **Love, Trust, and Understanding**. Each of these factors can be influenced by both **Perceptional and Behavioural Communication**, which may be verbal, physical, or a combination of both.

In this framework, we define:

- **Perceptional Communication (P)** as the perception of an individual about another individual.
- **Behavioural Communication (B)** as the behaviour exhibited by an individual toward another.

1. Perceptional Communication (P):

Perceptional Communication is the average of Perceptional Love, Perceptional Trust, and Perceptional Understanding, and it is mathematically expressed as:

i.e. $P = \dfrac{(PL + PT + PU)}{3}$ ... (1)

Where:

- **PL** is Perceptional Love
- **PT** is Perceptional Trust
- **PU** is Perceptional Understanding

Each of these components is influenced by different factors, such as Perceptional Care, Perceptional Dislike, Perceptional Truth, Perceptional Suspension, Perceptional Considerable Sacrifice, and Perceptional Selfishness, defined as:

$$PL = \frac{Pc}{Pd} = \frac{Pc}{(1 + 10 - Pc)}$$

$$\textbf{PT} = \frac{Pt}{Ps} = \frac{Pt}{(1+10-Pt)}$$

$$\textbf{PU} = \frac{Pcs}{Psf} = \frac{Pcs}{(1+10-Pcs)}$$

Thus, the Perceptional Communication of individual 'a' about individual 'b' can be written as:

$$\textbf{Pa} = \frac{(PLa + PTa + PUa)}{3}$$

$$= \frac{\frac{Pca}{Pda} + \frac{Pta}{Psa} + \frac{Pcsa}{Psfa}}{3}$$

$$= \frac{\frac{Pca}{(1+10-Pca)} + \frac{Pta}{(1+10-Pta)} + \frac{Pcsa}{(1+10-Pcsa)}}{3}$$

Where:

- Pca = Perception of care of a about b
- Pda = Perception of dislike of a about b (calculated as (1+10−Pca)
- Pta = Perception of truth of a about b
- Psa = Perception of suspicion of a about b (calculated as (1+10−Pta)
- Pcsa = Perception of considerable sacrifice of a about b
- Psfa =Perception of selfishness of a about b (calculated as (1+10−Pcsa)

Similarly, the Perceptional Communication of individual 'b' about individual 'a' is:

$$\textbf{Pb} = \frac{(PLb + PTb + PUb)}{3}$$

$$= \frac{\frac{Pcb}{Pdb} + \frac{Ptb}{Psb} + \frac{Pcsb}{Psfb}}{3}$$

$$= \frac{\frac{Pcb}{(1+10-Pcb)} + \frac{Ptb}{(1+10-Ptb)} + \frac{Pcsb}{(1+10-Pcsb)}}{3}$$

2. Behavioural Communication (B):

Behavioural Communication is the average of Behavioural Love, Behavioural Trust, and Behavioural Understanding, and it is expressed as:

$$\textbf{B} = \frac{(BL + BT + BU)}{3} \quad ... (2)$$

Where:

- **BL** is Behavioural Love
- **BT** is Behavioural Trust
- **BU** is Behavioural Understanding

Each component is similarly affected by Behavioural Care, Behavioural Dislike, v Truth, Behavioural Suspension, Behavioural Considerable Sacrifice, and Behavioural Selfishness:

$$\textbf{BL} = \frac{Bc}{} = \frac{Bc}{}$$

$$BT = \frac{Bt}{Bs} = \frac{Bt}{(1+10-Bt)}$$

$$BU = \frac{Bcs}{Bsf} = \frac{Bcs}{(1+10-Bcs)}$$

Thus, the Behavioural Communication of individual 'b' towards individual 'a' can be written as:

$$Ba = \frac{(BLa + BTa + BUa)}{3}$$

$$= \frac{\frac{Bca}{Bda} + \frac{Bta}{Bsa} + \frac{Bcsa}{Bsfa}}{3}$$

$$= \frac{\frac{Bca}{(1+10-Bca)} + \frac{Bta}{(1+10-Bta)} + \frac{Bcsa}{(1+10-Bcsa)}}{3}$$

Where:

- Bca = Behavioural care by a toward b
- Bda = Behavioural dislike by a toward b (calculated as (1+10−Bca)
- Bta = Behavioural truth by a toward b
- Bsa = Behavioural suspicion by a toward b (calculated as (1+10−Bta)
- Bcsa = Behavioural considerable sacrifice by a toward b
- Bsfa =Behavioural selfishness by a toward b (calculated as (1+10−Bcsa)

Similarly, the Behavioural Communication of individual 'b' about individual 'a' is:

$$Bb = \frac{(BLb + BTb + BUb)}{3}$$

$$= \frac{\frac{Bcb}{Bdb} + \frac{Btb}{Bsb} + \frac{Bcsb}{Bsfb}}{3}$$

$$= \frac{\frac{Bcb}{(1+10-Bcb)} + \frac{Btb}{(1+10-Btb)} + \frac{Bcsb}{(1+10-Bcsb)}}{3}$$

3. Relationship (R):

The relation between individual 'a' and individual 'b' is a combination of their respective Perceptional and Behavioural Communications, defined as:

$$Ra = \frac{(Pa + Ba)}{2} \quad \text{and} \quad Rb = \frac{(Pb + Bb)}{2}$$

The final relationship strength between individuals a and b is given by the average of Ra and Rb:

$$R = \frac{(Ra + Rb)}{2}$$

4. Interpretation of Results:

Based on the value of R, the strength and quality of the relationship between the two individuals can be classified as follows:

- 1 to 2.5: Very Poor Relationship
- 2.6 to 5.0: Poor Relationship

- 5.1 to 7.5: Strong Relationship
- 7.6 to 10: Very Strong Relationship

Example:

Let's consider an example between Tom (a) and Harry (b).

Individual Tom's Calculation:

- $Pa = 1.6$
- $Ba = 1.53$
- $Ra = (1.6 + 1.53) / 2 = 1.56$

Individual Harry's Calculation:

- $Pb = 1.71$
- $Bb = 1.25$
- $Rb = (1.71 + 1.25) / 2 = 1.48$

Relationship Strength:

- $R = (1.56 + 1.48) / 2 = 1.52$, which falls in the Very Poor category (1 to 2.5).

Thus, the relationship between Tom and Harry is classified as Very Poor.

This is a structured and detailed mathematical model for understanding and evaluating relationships based on Hameed's Theory of Relationships. It combines subjective factors like love, trust, and understanding with quantitative expressions to provide a systematic approach to measure the dynamics of interpersonal connections.

Key Points:

1. **Core Elements:**
- **Love, Trust, and Understanding** are identified as the foundational pillars of relationships.
- These elements are influenced by perceptional and behavioural factors.

2. **Perceptional Communication (P):**
- Represents how an individual perceives another's love, trust, and understanding.
- Mathematically expressed as the average of perceptional components.
- Includes specific sub-factors like care, truth, sacrifice (positive), and dislike, suspicion, selfishness (negative).

3. **Behavioural Communication (B):**
- Represents the actual behaviours exhibited by one individual toward another.
- Calculated similarly to perceptional communication with sub-factors for love, trust, and understanding.

4. **Relationship Strength (R):**
- Combines perceptional and behavioural communication for both individuals in the relation.
- The final relationship strength is the average of the two individuals' combined scores.

5. **Scoring Interpretation:**
- Provides a scale (1–10) to classify relationship strength from "Very Poor" to "Very Strong."
- **Example Analysis:**
- Demonstrates practical application with sample data for two individuals, showing how perceptions and behaviours translate into a measurable relationship strength

Analysis and Benefits of Hameed's Relationship Equation

Hameed's Relationship Equation provides a systematic, quantifiable framework for understanding and analysing relationship dynamics. Below is an analysis of its key benefits and potential areas for improvement.

Strengths of the Equation

1. **Comprehensive Framework:**
- The equation considers both **perceptional** and **behavioural** aspects of relationships, capturing subjective thoughts and objective actions.

2. **Granularity:**
- It includes nuanced sub-factors (e.g., care, truth, sacrifice) and their opposites (e.g., dislike, suspicion, selfishness), allowing detailed evaluation.

3. **Quantifiable Metrics:**
- Converts abstract qualities like love, trust, and understanding into measurable terms, enabling comparisons and objective assessment.

4. **Flexibility:**
- Applicable to various types of relationships—personal, professional, or social—by tweaking inputs and context.

5. **Actionable Insights:**
- Outputs (scores and categories) provide interpretable results, helping individuals identify weak areas in their relationships for improvement.

6. **Scalability:**
- Can be extended to groups, organizations, or communities for broader analyses, like team dynamics or social cohesion.

To compare the **Hameed's Relationship Equation** with other relationship theories,

1. Hameed's Relationship Equation

Hameed's model emphasizes the roles of **Perceptional Communication (P)** and **Behavioural Communication (B)** in defining a relationship between two individuals. It integrates both perception and behaviour into three core components: **Love**, **Trust**, and **Understanding**. These are influenced by perceptional factors such as care, dislike, truth, and sacrifice, as well as behavioural elements like care, dislike, truth, and sacrifice.

Key Features:

- Focus on **Perceptional** and **Behavioural** communications as independent but complementary elements.
- **Rating System**: Factors are rated on a scale from 1 to 10, making the model quantifiable and offering an objective assessment of the relationship.
- The relationship is analyzed based on the perceptions of one person about another (e.g., **Pa** for individual a's perceptions about individual b).
- The **Quality of Relationship** is assessed using the average score of both individuals' perceptions and behaviours.

Formula Breakdown:

- **Perceptional Communication (P)**: A combination of **Perceptional Love (PL)**, **Perceptional Trust (PT)**, and **Perceptional Understanding (PU)**.
- **Behavioural Communication (B)**: A combination of **Behavioural Love (BL)**, **Behavioral Trust (BT)**, and **Behavioural Understanding (BU)**.
- **Relation (R)**: The average of **Pa** and **Ba** for one person and **Pb** and **Bb** for the other person.

2. John Lee's Six Styles of Love

John Lee's theory categorizes love into six types, each associated with different relationship dynamics. The six styles are **Eros**, **Ludus**, **Storge**, **Pragma**, **Mania**, and **Agape**.

Key Features:

- Focus on **love styles** rather than communication processes.
- **Eros** is passionate love, **Ludus** is playful love, **Storge** is companionate love, **Pragma** is practical love, **Mania** is obsessive love, and **Agape** is selfless love.
- This theory is more about emotional connections than a measurable system of trust or understanding. **Comparison:**
- **Hameed's Equation** integrates **Trust**, **Understanding**, and **Love**, whereas **Lee's Theory** focuses solely on different **types of love**.
- Hameed's equation can be considered a more analytical and quantifiable approach, while Lee's theory is based on emotional types and experiences in relationships.
- Hameed's framework includes **Perceptional and Behavioural Communication**, which is absent in Lee's theory.

3. The Triangular Theory of Love (Robert Sternberg)

Robert Sternberg's **Triangular Theory of Love** posits that love consists of three main components: **Intimacy**, **Passion**, and **Commitment**. The combination and strength of these components result in different types of love.

Key Features:

- **Intimacy** refers to feelings of closeness, connection, and bondedness.
- **Passion** involves physical attraction and sexual desire.
- **Commitment** is the decision to love someone and maintain the relationship.
- Sternberg's theory is more qualitative, aiming to describe types of love based on how these three factors interact.

Comparison:

- **Hameed's Equation** emphasizes communication (both **perceptional** and **behavioural**) as the basis of a relationship, while Sternberg's model focuses on **intimacy**, **passion**, and **commitment**.
- Sternberg's model doesn't incorporate **trust** or **understanding** as distinct components, which are central to **Hameed's Theory**.
- **Hameed's Equation** offers a more structured and calculable method to assess the relationship quality, whereas Sternberg's model is more qualitative and fluid.

4. Social Exchange Theory (George Homans & Peter Blau)

Social Exchange Theory posits that relationships are formed and maintained based on the perceived rewards and costs. People evaluate their relationships by considering the benefits (rewards) and the costs (sacrifices) involved, striving for **equity** or fairness.

Key Features:

- Focuses on the **balance of rewards and costs** in a relationship.

- Assumes individuals are **rational actors**, always seeking to maximize rewards and minimize costs.
- Less focus on **perceptions** and **behaviours** in the way that **Hameed's Equation** does.
  Comparison:
- Both theories include **sacrifices** (e.g., **Considerable Sacrifice** in Hameed's theory and **costs** in Social Exchange Theory), but **Hameed's Theory** incorporates a broader range of communication factors.
- **Hameed's Equation** considers both **Perceptional** and **Behavioral Communications**, whereas Social Exchange Theory is more about balancing **rewards** and **costs**, without explicit emphasis on communication styles.

5. Attachment Theory (John Bowlby)

Attachment theory focuses on how early childhood experiences with caregivers influence interpersonal relationships later in life. It posits that individuals develop **attachment styles** (secure, anxious, avoidant) that affect how they behave and perceive relationships.

Key Features:

- Focuses on the **secure** and **insecure** attachment bonds formed in early life.
- Emphasizes the role of **early experiences** in shaping **trust** and **behaviour** in relationships.
- Describes emotional bonds and **patterns of attachment** rather than explicit communication styles.
  Comparison:
- **Hameed's Theory** is more focused on quantifiable aspects like **care**, **trust**, and **understanding**, while **Attachment Theory** is centered on **emotional bonds** and the **impact of early life experiences**.
- Hameed's theory considers how perceptions and behaviours **influence relationships** at a given time, while attachment theory focuses more on **developmental patterns** of attachment.

Conclusion

Hameed's Relationship Equation offers a **quantitative, systematic approach** to analyzing relationships by combining **perceptional** and **behavioural communication**. It provides a structured and measurable way to assess **love**, **trust**, and **understanding**, which sets it apart from other theories like **Sternberg's Triangular Theory of Love**, **Lee's Love Styles**, or **Attachment Theory**.

While other theories focus on **emotional bonds, attachment styles**, or the **balance of rewards and costs**, Hameed's model focuses on measurable elements and **communication processes**, making it a potentially more objective tool for analyzing the **quality of relationships** between individuals.

REFERENCE:

1. Davis, M. (2021). Lee's Theory of Love Styles. Encyclopedia of Sex and Sexuality: Understanding Biology, Psychology, and Culture [2 volumes], 382.
2. Sternberg, R. J. (1986). A triangular theory of love. Psychological review, 93(2), 119.
3. Cook, K. S., & Emerson, R. M. (1987). Social exchange theory. Newbury Park.
4. Holmes, J. (2014). John Bowlby and attachment theory. Routledge.