

## **Love and health**

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### **Introduction**

Numerous psychological and philosophical treatises, sonnets, films, pieces of art are dedicated to love and loving relations. Love positively unites us and our emotions. The presence of love gives rise to a sense of inner peace. Love brings stability and predictability to life, soothes fears. It inspires, gives strength and courage. People, who love, think with their heart, and it always sees more deeply and more truly. Love and health are interconnected in surprising ways. Scientists have long been keen to prove that love gives us health benefits, too.

### **Aim of the study**

To study the influence of love on the human body.

### **Materials and methods**

In order to evaluate people's attitude to this phenomenon and get a clear idea of their understanding of the fact how love influences health, sociological and statistical methods were used. Over 250 individuals of different age, activities and social groups were interviewed. In addition, the experience of certain people was also taken into consideration. In the course of the study, we have found out that 46.7% of the respondents are in a love relationship, 82% of them see themselves as a couple of loving people in the future. The study has shown that 64% of the respondents find their life more interesting with the appearance of a partner.

### **Results**

Love is, first of all, a hormonal process, in which many hormones are involved. On the physical level, love causes specific electrochemical changes in the body, stimulating the release of endorphins and neuropeptides. These chemicals increase the activity of the immune system, improve the performance of individual organs and glands, instruct the muscles and pass a signal of sedation to the adrenal glands. Thanks to numerous observations, scientists have discovered that love activates creative abilities in people; relationships in a couple contribute to a longer life, wisdom and strong mental health. We have found out that most people of different ages and social groups believe that love is a sequence of chemical reactions in the body. However, everyone sees love from a different point of view. For 22% of the respondents love means pleasant communication, 33% see love as support, 10% - physical pleasure, for 20% it is a pleasant relationship followed by the creation of a family, and only the remaining 10% equate love with the creation of a family.

### **Conclusion**

Though love is a physical phenomenon explained by various chemical processes, it is a sublime and noble feeling, possessing a mystical power and giving magical instants. Close relationships are incredibly helpful to our health and well-being.