

# 14.716

is the number of times the Einblicke article “Love and Being in Love” was viewed online in 2022. The text, which was published in spring 1997, is still surprisingly popular more than 25 years later: the corresponding web page is one of the most frequently visited on the whole University website and if you Google the terms “liebe” (love) and “verliebt” (in love) together, the Einblicke article tops the search results.

What is the reason for its enduring appeal? Its author, Prof. Dr Ulrich Mees, says he’s not surprised his article still attracts so many readers: “Love and being in love play an extremely important role, especially in young peo-

ple’s everyday reality,” says the former lecturer in general psychology, who is now retired.

Mees’s specialty was the psychology of emotions. In a series of empirical studies, he investigated the thoughts, emotions and actions that are characteristic of love and being in love – and thus refuted, at least to some extent, the popular myth that everything about love is mysterious and unfathomable.

Mees’s Einblicke article neatly summarises the results of his research. He lists the main characteristics of romantic love, explains which of these are more pronounced when we are in love (infatuated) and which are more

marked when we love someone. He also goes into some detail about how we expect our partner to express their love – as well as how we fall out of love. “There is a tacit agreement in our culture about what it means to love and what it means to be in love,” says Mees. His studies made – and continue to make – this for the most part unconscious knowledge accessible to people. “I believe the results are still valid,” he says.

The authors of online encyclopedia Wikipedia apparently share this view: the entry for “Verliebtheit” features a link to Mees’s Einblicke article.

## 481

test subjects took part in four studies by Mees on love, being in love and friendship – most of them were students at the University.

## 30

key characteristics of loving and being in love were identified. For example, people who are in love think a lot about their partner. With love, absolute trust and the acceptance of weaknesses play a pivotal role. Tenderness and strong affection apply to both.

## 15

percent of participants in a study on the differences between loving and being in love said they both loved their partner and were still in love with them.

# The key to love



[uol.de/einblicke/25/liebe-und-verliebtsein](https://uol.de/einblicke/25/liebe-und-verliebtsein)