

**Analyzing the elements of Sternberg's triangular theory of love in the book "Toq al-Hamama" by Ibn Hazm al-Andalusi**

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Abstract

Many scholars have explored the concept of love throughout history, but one of its earliest and most profound analysts was Ibn Hazm, the Andalusian writer, jurist, and philosopher. A polymath well-versed in all the sciences of his time, Ibn Hazm addressed the subject of love in his book *Tawq al-Hamama* (The Ring of the Dove) with unprecedented psychological insight. He structured his work into thirty chapters, each meticulously titled and analyzed, offering a comprehensive examination of love's various dimensions. Centuries later, psychologist Robert Sternberg, former president of the American Psychological Association, proposed his Triangular Theory of Love, defining love as an interplay of three core components: intimacy, passion, and commitment. The dynamic relationship between these elements gives rise to different forms of love. Despite the richness of Arabic literary discourse on the psychology of love, this subject has not yet been sufficiently explored through modern theoretical frameworks. To bridge this gap, the present study applies Sternberg's theory—which notably aligns with many of Ibn Hazm's observations—to *Tawq al-Hamama* in an analytical-descriptive manner. This article seeks to answer two key questions: 1. Which of Sternberg's three components (intimacy, passion, commitment) are present in *Tawq al-Hamama*? 2. Which of these elements appears most frequently? Through textual analysis, the study examines Ibn Hazm's typology of love, its causes, and its challenges, drawing on his personal experiences and anecdotes. The findings reveal that all three components of Sternberg's triangle—intimacy, desire (passion), and commitment—are prominently featured in *Tawq al-Hamama*, expressed through poetic narratives, prose, and introspective reflections. Additionally, the research highlights the adaptability of Sternberg's theory to Ibn Hazm's work, while also identifying mania obsessive love) and ideal love as the most recurrent themes in the text.

Key words: Ibn Hazm, Toq al-Hamama, Sternberg, Love triangle.**References**

Holy Quran

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