

A Tale as Old as Time

by Lena Sperger

Declaration

I hereby certify that this material, which I now submit for assessment on the programme of study leading to the award of the MA in TV and Radio Journalism is my own; based on my personal study and/or research, and that I have acknowledged all material and sources used in its preparation. I also certify that I have not copied in part or whole, or otherwise plagiarised the work of anyone else, including other students.

Signed:

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July 2019

1. Abstract

This radio documentary focuses on Generation Y's (people born from 1980-2000, also called the Millennials) understanding of romantic love and how this shapes their adulthood. The documentary features different people from this age group, both male and female. Through their stories, the documentary outlines their hopes and fears regarding romantic love as well as the social pressure they find themselves under.

Today's society has various definitions of romantic love relationships and we can see that these characterisations of love change among cultures but also generations. One that distinguishes itself significantly from others in its view on love and relationship is the Millennials. Therefore, this thesis will examine how Millennials understand romantic love relationships and how they influence them in their adulthood.

The main thrust of this thesis is the definition of love as well as its origins. Furthermore, this thesis presents the creative decision which have been made in order to produce the radio documentary *A Tale as Old as Time*. Findings from this thesis suggest that Millennials are choosing a different perspective on love compared to older generations. This is influenced not only by social media but also on their perception on marriage, social norms, commitment and religious fidelity. Contributors in the documentary all related to their upbringing, social and cultural influences, how they define romantic love relationships and how they learned to love.

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2. Acknowledgements

Since day one I have been head over heels in love with love itself. Starting up this thesis from scratch to the final radio documentary it has become, this has not only been a profound journey straight into my heart, but into everybody's heart that helped me achieve this major milestone in my life.

Therefore, I would like to thank, first and foremost, my family for teaching me what love really feels like for showing me that love comes in all shapes and sizes and that all these different concepts of love are true. A special thanks goes to my grandparents, who have been together for 68 years and are still going strong. It was your love and affection towards each other that made me wonder if someday I as well will be able to have the same strong bond with another human being. I also want to thank my parents, who through all the trials and tribulations that life made us cope with, never gave up on showing me that love and respect can survive even the darkest moments in time.

Secondly, I want to thank all my friends, who also taught me that even in times when I thought I was not loved any more, stood by my side and encouraged me through their love and affection not to give up on the most precious human experience in life. I love you dearly and even though some of you are miles apart, this may be in distance but never in heart.

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I also would like to say thank you to all my lovers, both past and present, for letting me stumble through the joys and pain romantic love relationships bring with them. Let me tell you that I truly loved you, but the timing just was not right or I was not ready to settle just

yet. Thank you for guiding me through an experience worth while; maybe we were just each other's final step towards the happiness we both deserve.

And lastly, but most importantly, thank you to the nine brave souls who shared their most intimate and vulnerable love stories with me. I will never be able to express what an honour it has been and how thankful I am as through your love stories this radio documentary became the most beautiful piece I have ever created; *A Tale as Old as Time*.

Lena Sperger

July 2019

3. Chapter One: Introduction

"Love is the strongest force the world possesses, and yet it is the humblest imaginable."

- Mahatma Gandhi

As one of the most fundamental experiences in human life, love is a topic which can never be fully understood. During the centuries, as the human species evolved the concept of love has changed with them and influenced their relationships to others. Many have asked the question what love really means and what it is. Still, as much as we want, we cannot control love any more than we can control the tides. Throughout history the power of love and its capacity have intrigued not only us humans but also other species wandering on our planet. It's a fundamental experience and a topic that can never be completely closed. We humans have a desire and a need to define and explain all processes known to us, yet when it comes to love so many people have tried to define the concept of it and every single one of them never reached a completely satisfactory result. My research, as can be seen in Chapter Two, has led me through a journey of the earliest developments of love, how we create bonds and attachments to other human beings as well as some various definitions of love.

We live in a society which experiences a huge variety of different characteristics when it comes to love and these depictions of love are being viewed and accepted very differently among the generations. One generation that particularly distinguishes itself from others on its view on love and relationships is the Generation Y, also known as the Millennials. However, extensive research specific to how Millennials conceive love in scientific studies is still limited. In Chapter Two of this dissertation, I will also discuss the research I undertook about the Millennials and their differences to previous generations. This is a topic which is not only underrepresented in general but also when it comes to academic research. While looking for literature for this thesis most of what I found was based or focused on the measurements of passionate love and identifying the aspects of romantic love, regarding intimacy and commitment. Yet there was hardly anything on how we currently experience love.

The concept of love is a fluid one and especially the Millennials are pioneering and redefining it in many ways for themselves. By 2025 Millennials will comprise three-quarters of the global workforce. According to the Pew Research Centre (2014) Millennials are adults born between 1981 and 1996 (Wang and Taylor, 2014). They will soon be the largest living generation in the world outnumbering the Baby Boomers in 2019. And still, the word "Millennial" sounds like a dirty word, as it comes with some negative connotations.

Day after day another piece about the Millennials, on how they will never find true love, appears on the radio, the TV or any newspaper across the world. All include a negative aftertaste. Instead of making rough generalisations, I want to focus on everything that is great about this generation, such as the ability to dream bigger than any generation before them, tons of choices, as well as less social pressure on marriage.

Born out of the social movements from the 1960s and 1970s, such as the feminist movements and the civil rights movement, Millennials were at the forefront fighting for equal rights for the LGBTQ community (lesbian, gay, bisexual and queer). Moreover they helped to push towards greater social equality when it comes to people of all sexes, genders, races and sexual orientations in general, which without a doubt had an impact on how Millennials currently experience love. As Bell Hooks claims, *"Indeed, all great movements for social justice in our society have strongly emphasized a love ethic"* (Hooks, 1999, p.xix). For this dissertation the understanding of the greater social context in which the Millennials were born into is of high significance, as well as the shift they have experienced over time regarding how romantic connections were formed and initiated through the transformation of the digital world they are living in.

Chapter Three will focus on the practical decisions made while designing, constructing and scripting the radio documentary. The Irish radio landscape will be discussed, as well as the advantages and disadvantages that come with the medium radio. Furthermore an outline and detailed description of the contributor will be given and why they were

involved in the project, as well as outlines on interview techniques and technical difficulties which arose throughout the interview and editing process.

In Chapter Four there will be a discussion and critical reflection about how the product came to completion from its very initial state to the final edit.

The final chapter will evaluate the documentary *A Tale as Old as Time*, including any negligence or editorial decisions that could be altered if a comparable documentary or project was to be undertaken.

4. Chapter Two: Evidence of Research

The following chapter will examine the evidence of research undertaken in order to complete this documentary in both the written and practical part. This includes online journals, newspaper articles, academic textbooks and other material relating to the construction of the project. The analysis has therefore been split under the following subchapters: Origins, Attachment and Bonding, Human Relations, Definition of Love and Millennials. They focus on the origins of love, how we learned to love and how the concept of love has changed over centuries.

4.1 Origins

From the moment the human species was born, myth and fictions were companions of people. They made them think in a certain way, behaving according to their defined standards and to obtain certain rules. In doing so they created artificial instincts which enabled millions of humans, strangers to each other, to cooperate in an efficient way. This system of artificial instincts is now called "culture" (Harari, 2015).

The origins of human love relationships started thousands of years ago with the development of pair-bonding. At this time male and female apes had to fall in love with each other in order to remain faithful with their partner. This also occurs among other groups of animals, yet is rare amongst primates. This was the solution to a key problem in earlier times. The females remained not only bonded to their individual male partners, but also sexual rivalries between various males were drastically reduced, leading to a better development in co-cooperativeness while hunting, a key factor in surviving (Morris, 1994).

In the 21st century we live in a culture which focuses more on a monogamous pair-bonding; however, it can be said that the question of whether or not the species of the *homo sapiens* is of monogamous nature or leans more towards polygamy is a question which is still not completely answered.

The development of the pair-bonding process, which arose in the species of the *homo sapiens* as a whole, naturally favours the culture of monogamy, yet does not completely demand it as such. Over time, when the violent hunting lifestyle made men much scarcer compared to the females, a tendency arose for men to bond with more than just one other female. This resulted in not only a higher increase in the breeding rate but also provoking serious sexual rivalries between the female members of the tribe. Thereby a small degree of polygamy was able to co-exist yet it would have been severely limited (Morris, 1994). Other theories developed, such as the evolutionary psychologists argue that pair-bonding was not composed of a nuclear family lifestyle centred on monogamous couples. The theory suggests that foragers lived in a more communal way of living, which was devoid of monogamous relationships and private property fatherhood. This meant a female was allowed to form intimate bonds and to have sex with several men or women simultaneously in order to cooperate in parenting the child. As nobody definitely knew who was the father, men showed equal affection and love for the youngsters. Such structures are well documented among our closest animal relatives the chimpanzees and bonobos. Even in some modern day societies collective fatherhood is practised, as for human cultures such as the Barí Indians. In those cultures the bond between parents and children is not formed from one single sperm of a single man, but rather from the accumulation of various sperms in a woman's womb (Harari, 2015).

4.2 Attachment and Bonding

"The impact which early experiences has upon development and maintenance of adult relationships is an enduring issue in developmental psychology and one which is of theoretical and clinical interest" (Gleeson and Fitzgerald, 2014, p.1644).

The strongest bond of all is normally the one between a young and its mother. This bond is often a constant part of an individual and accompanies a human being into adult life (Bowlby, 2005). Romantic love can be seen as an attachment process, where the person's perceptions of their relationships with both parents during their childhood and its quality

were significantly associated with how they attach and bond themselves to others in their adulthood (Gleeson and Fitzgerald, 2014).

Bowlby's attachment theory (1999) provides a critical component of the human experience in a whole lifespan of an individual. According to his belief attachment in early childhood impacts the behaviour and interactions of a person with the word *"from the cradle to the grave"* (Bowlby, 1999, p.129) Attachment in his opinion is a strong emotional tie to another specific person or more, which promotes the child's sense of security. In his theory he defines four main functions of attachment: promoting the expression of communication and feelings; providing a sense of security; regulating affect and arousal; and serving as a base for exploration. All of these pillars can be found in both bonds, the one between a child and its caretaker, but also in a romantic bonding and attachment between adult partners, whereas the earlier has as already mentioned a significant impact on the later (Bowlby, 1999).

"Secure attachment in infancy and toddlerhood predicts social competence, good problem-solving abilities, and other personality qualities associated with successful adaptation in later childhood, adolescence, and early adulthood. We have found security of attachment to be related to the emotional tone of adult romantic relationships" (Sroufe, 2005, p.358).

However, Davies (2010) claims that an adult does not involuntarily fall into one specific attachment style only based on their early childhood attachments and their quality. *"Adults whose working models reflected insecure attachments generally felt less positive about attachment relationships, tended to deny the influences of attachment experiences on their personality, and did not seem objective in their descriptions"* (Davies, 2010, p.25). To form a bond of a secure attachment the cycle of attachment and relationships, in both loss and formation, is essential (Davies, 2010).

Bowlby (2005) describes this bond as the act of falling in love as many intense emotions arise during the formation of the bond, but also the maintenance, the renewal and the

disruption of attached relationships. He goes on to say that the process of forming a bond as a romantic subjective experience is described as falling in love, meaning maintaining a strong bond as loving someone. At the same time losing a partner is followed by anxiety, grief and sorrow. Both bonds are likely to arouse anger at a certain stage. The uncontested maintenance of this bond is based in a source of security, while the renewal of such can be seen as a source of joy (Bowlby, 2005). In order to fulfil our whole human potential an individual must have as many different experiences as possible, opening up to a broad spectrum of different emotions and sampling various kinds of relationships (Harari, 2015).

4.3 Human Relations

The species of the *homo sapiens* as a social animal is capable of many behaviours and emotions towards other individuals (Aronson, 2004). As humans we form all kinds of different attachments, bonds and relationships to other human beings. These can either be formal interactions between work partners or informal interactions between friends. Through our lives, the relationships and bonds we built and maintained help us to understand our motivations, how we do what and what helps or hinders us while achieving personal goals (DeCenzo, 1997).

The *homo sapiens* evolved with the idea of dividing the world into "us" and "them". The "us" was describing the group which was immediately around an individual. "Them" was everybody else. This is not only part of the human nature, in fact no other social animal has ever showed interests in their entire species. No lion ever wanted to become the alpha lion of all the lions in the world, and no chimpanzee cares about what the rest of the whole chimpanzee species want. Nonetheless with the cognitive revolution the *homo sapiens* species changed more and more in this respect (Harari, 2015). Our human nature attracts us to people, yet the word "attraction" may cover a lot of different definitions: we are attracted to people we find appealing to work with, to friends we are attracted to hang out with, to a more deeper and serious attraction of love and affection. After thousands of

years, people are still looking for an answer to why we are attracted to some people and not others, or why we fall in love with someone specific (Aronson, 2004).

In adult romantic relationships this is already anchored into a person by the time they have reached their twenties. Fraley (2011) states that people who are forming new relationships rely in some parts on previous expectations on how other individuals have been behaving and feeling towards them. They then use those models to interpret the intentions and behaviours of their future partners. Some of those working models are in many ways very resistant when it comes to change as they are more likely to receive new information (Fraley, 2011). He goes on to say that not only young adults are experiencing romantic attachments in a specific way but also people in general distort reality to make it fit their set expectations. Gleeson and Fitzgerald (2014) argue on the other hand that *“Longitudinal studies have provided the strongest evidence for the continuity of attachment styles from childhood to adulthood. Importantly, research has shown that working models of attachment while resistant to change, are subject to revision over time as a result of new experiences or an unstable relationship environment”* (Gleeson and Fitzgerald, 2014, p.1644). According to them there is a possibility as an adult to change their anchored concepts of an incongruous experience with an early childhood attachment. Hence insecurely attached children are also capable of experiencing a secure romantic relationship and the other way around (Gleeson and Fitzgerald, 2014).

“Biology enables, culture forbids” (Harari, 2015, p.164). The Attachment Theory also shows that forming intimate emotional bonds to other human individuals is a basic component of the human nature (Bowlby, 1988). Biology and our human nature tolerate a very broad spectrum of various possibilities. The only thing that obliges people to realise these possibilities is culture (Harari, 2015).

4.4 Definition of Love

In the species of *the homo sapiens* we can observe a strong tendency to “fall in love” and develop a strong and powerful bond with the other part of our sexual attention (Morris,

1994). Over the centuries philosophers and poets have tried to find a definition of what love is, yet so far nobody has managed to come up with a definition which all can agree on as such. The difficulty in defining love lies in the fact that love itself is not a unitary. It's a one dimensional state thus far, *"a complex, multifaceted phenomenon experienced in a broad variety of relationships"* (Aronson, 2004, p.315). Even from a linguistic approach we use the term love to describe a big variety of relationships such as those between close friends, passionate teenagers, elderly couples and newlyweds (Aronson, 2004).

Declarations of love can be found in every culture and anthropologists have examined more than 200 societies and were able to find evidence of passion in every one of them. In ancient Greece there were different words for various kinds of love. They divided love into three basic concepts: romantic love; feelings of deep attachment; and lust. Each of these basic mating drives can be associated with different parts of the primary brain and the chemical system. Lust is associated with the testosterone system of women and men, whereas romantic love is enacted by the dopamine system in the brain. Feelings of deep attachment are linked to the two neurochemical systems, namely vasopressin and oxytocin (Brown and Fisher, 2013). There have been many approaches to categorise and describe love in its many forms by social psychologists, measuring various nuances of liking and loving (Aronson, 2004). Thus not only academic researchers distinguish between romantic love, lust and liking. People around the world easily categorise the different aspects of love. In Managua for example "real love" is called *inangaro kino*, meaning romantic passion unmistakable from sexual desire. In Kenya the Taita call lust *ashiki*, while for romantic love they use the word *pendo*. In a north-eastern Brazilian town, named Caruaru, the locals claim that *"Amor is when you feel a desire to always be with her; you breathe her, eat her, drink her; you are always thinking of her; you don't manage to live without her. Paixao on the other hand is horniness"* (Brown and Fisher, 2013).

Bell Hooks (1999) defines love as *"the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth. Love is as love does. Love is an act of will - namely both an intention and an action. Will also implies choice. We do not have to love. We choose to love"* (Hooks, 1999, p.5). In Hook's definition love is not something someone

accidentally falls into, but rather a more active choice this individual makes. For her love is something chosen. She also references to two other authors who define love in a congruent way to hers, John Welwood (1996) and Thomas Merton (1997). Merton explains the need for experiencing love as such. He defines love as "our true destiny" and that we will not be able to find the true meaning of life by ourselves; we only find it with another individual (Hooks, 1999).

Love in the 21st century is both different but also the same, mutating for lives led at a faster pace, yet its powers still unimpaired, strong as ever. For as long as we can recall the pursuit of love has fascinated us. Most of the love stories known today end with a wedding. Love has been around, arrives and grows for centuries, whereas marriage is a decision (Rice, 2003). In former times, such as the Stone Age pair bonding was used as a way of organising or controlling our sexual conduct, while providing a safe structure for the upbringing of the children and handling the daily tasks. Despite that, the basic concept of love and marriage has taken many forms and definitions among different cultures (Harari, 2015).

According to the Bible King Solomon had 700 wives and 300 concubines, Hebrews engaged in polygamy and men have taken multiple wives in cultures throughout the world. In many societies marriage had nothing to do with love and women were simply the property of men, such as of their fathers, brothers or husbands (Coontz, 2006).

The Bible states that *"If a man meets a virgin who is not betrothed, and seizes her and lies with her, and they found, then the men who lay with her shall give to the father of the young woman fifty shekels of silver, and she shall be his wife"* (Deuteronomy 22:28-9). Marriage as a romantic union between women and men is more a relatively recent development. Coontz (2006) states that this ideal is a development that has only started about two centuries ago. She goes on to say that people have always been falling in love, yet only rarely has this been the main reason for a marriage. She claims that in many cultures and beliefs love was more seen as a desired outcome of a marriage rather than the reason why two people tie the knot in the first place (Coontz, 2006). Hundreds of years

ago to be a husband meant to have full control over the wife, not only in a social context but also sexuality wise. For example if a husband raped his wife, this was in many cultures not seen as committing a crime; sometimes even raping a woman who did not belong to any men in particular was not at all considered a crime. Generally saying that a man or a husband raped his wife was considered as illogical as saying a man stole his own car. Up until 2006 men were not prosecuted for raping their wives in more than 53 countries worldwide. As an example, in Germany, in 1997 rape laws were changed to create the category of marital rape (Harari, 2015).

In recent times when love became essential in marriage, this changed to love being perceived as sacred and marriage as an obligatory concept. For most of our history love did not play a role in marriage at all. It was considered a too fragile emotion to base such a serious matter on it (Coontz, 2006). Also Bruckner (2013) argues that, with the numbers of marriages going down and the increase of divorces, single-parent families and unmarried partners, love may have triumphed over marriage and is now eventually destroying it from within. He considers romantic love as an essential part of marriage and thereby upgrades its value (Bruckner, 2013).

4.5 Millennials

In today's society Generation Y, or the Millennials are a well discussed topic. By 2025 Millennials will comprise three-quarters of the global workforce. According to the Pew Research Centre (2014) Millennials are adults born between 1981 and 1996. They will soon be the largest living generation in the world outnumbering the Baby Boomers in 2019. And yet more often than not society defines Millennials as what they lack, such as work ethic, a degree they actually use, their attention span, rather than what their potential might be (Wang and Taylor, 2014).

Millennials are up to now by far the best-educated and also largest workforce. They have collectively experienced a number of unique cultural and historical events. Furthermore they own and develop distinctive characteristics, which set them apart from the

generations who came before them (Baiyun Gong et al., 2018). Millennials are redefining the future, setting themselves apart from their Baby Boomer parents, as they no longer worship things like home ownership, car ownership or a steady job, but rather focus on creating a better tomorrow and having an impact on society, meaning rather than owning their own car, Millennials prefer *Uber* and *Lyft*, renting accommodation through platforms like *AirBnB* instead of staying at a hotel, or streaming their music on *Spotify* (Garikapati et al., 2016).

Millennial professionals have been one of the most researched and discussed about subjects of the last few years, yet when it comes to their understanding and pursuing romantic love relationships the academic literature is rare. Most of the research done on Millennials contain workplace related topics and studies, focusing on their accomplishments on a work life balance or career development. Be that as it may, there is a crucial need in understanding social beliefs, values and behavioural traits when it comes to this generation (Srivastava and Banerjee, 2016).

Millennials can be described as the most racially diverse generation among our society, as well as the most liberal when it comes to social issues, religious disaffiliation or politics. They worship different needs and values than their previous generations (Srivastava and Banerjee, 2016). The Pew Research Center showed in their 2014 survey among 617 Millennials that they keep themselves distant from what has been a core institution of society for many years; marriage. Only 26% of the Millennials are married. In contrast to their previous generation this number is much lower. At the same age Generation X (born 1965-1979) had a percentage of 26 and the Baby Boomers (born 1945-1965) of 48 on marriage. However, the 69% of unmarried Millennials stated, they would want to be married, but lack a solid economic foundation. This can be led back to the fact that Millennials are the first to have higher levels of student loan debt, unemployment and poverty as well as lower levels of personal income and wealth compared to their predecessor generations. As a result they emerge into their adult life with a much lower level of social trust. All these elements indicate the uniqueness of Millennials' social identity (Wang and Taylor, 2014).

All of these facts are neither good nor bad, just different from their former generations, providing a clear insight into their future in regards of their needs and well-being in relation to love, commitment, happiness and marriage of this generation.

“Throughout history, marriage and parenthood have been linked milestones on the journey to adulthood. But for the young adults of the Millennial Generation, these social institutions are becoming delinked and differently valued” (Wang and Taylor, 2011b, p.1).

The idea of marriage to Millennials is different from previous generations. Wang and Taylor found in a study carried out with 536 Millennials between the age of 18 and 29 that *“67% of Millennials say that happiness is not related to whether you are single or married. From a list of reasons offered in the survey questionnaire regarding reasons to be married or to get married, nearly nine-in-ten (88%) young adults say love is very important, followed by making a lifelong commitment (76%) and companionship (71%)”* (Wang and Taylor, 2011b, pp.11-12).

At the same time, fewer Millennials tend to feel the need of tying the knot at the same age compared to their predecessors. Even though they see love as an essential part of what they are looking for in an adult relationship their goal of a romantic love relationship is changing. In Wang and Taylor’s study a question arises if this shift in mentality has an impact on the way Millennials understand and experience romantic love and how their fears and hopes in regard to this look like for their future.

Other studies and literature suggest that this generation do not look quite favourably upon love. Bell Hooks (1999) states that *“youth culture today is cynical about love. And that cynicism has come from their pervasive feeling that love cannot be found”* (Hooks, 1999, p.xviii). Is there, in consonance with Hooks a big lack of understanding love among this generation, as they are chasing fantasy love rather than building a solid and sustainable love relationship based upon true love? She continues by saying, *“My work as a cultural critic offered me a constant opportunity to pay close attention to everything the mass media, particularly movies and magazines, tell us about love. Mostly they tell us that*

everyone wants love but that we remain totally confused about the practice of love in everyday life. In popular culture, love is always the stuff of fantasy” (Hooks, 1999, p.xxiii).

In general there is plenty of literature on romantic attachment and attachment overall; nonetheless what is missing is an application of those theories to the Millennial's generation as such. Across the research conducted for this thesis the term “young adults” appeared repeatedly, which in fact is a generalisation and can be applied across various generations. As with every other generation the Generation Y or Millennials are different to their predecessors. For them love, and especially romantic love is a tough concept to define in a digital world with endless opportunities.

It can be agreed upon that there is no such thing as “the one” single definition when it comes to love, as romantic love in particular but also the experience of any type of love is subjective and has changed over time. The practical part of this thesis will be based on the Millennial generation and how they perceive romantic love, as well as what their hopes and fears are regarding romantic attachment. It should give an understanding on how this age group defines, understands and experiences romantic love as such. If the Millennials, the youth of today, truly have given up on the idea of love, may not believe that true love can actually be found, then what is the origin of this belief? Are the romantic days of the Millennials really numbered or is this just a fictional theory assumed and written about by the Millennial's parental generation the Baby Boomers.

5. Chapter Three: Constructing and Designing of the Radio Documentary

The purpose of this radio documentary was to give the world a better understanding of how Millennials perceive love. The original idea for this project resulted from a personal frustration on how my own generation, the Millennials, are so often misunderstood by society in various ways. To express how Millennials feel and to give not just myself but also other peers a voice a dissertation by practice made the most sense.

5.1 Construction and Design

As for the chosen medium a visual one may have distracted from the content; as McLeish (2005) puts it, *"unlike television, where the viewer is observing something coming out of a box 'over there', the sights and sounds of radio are created within us, and can have a greater impact and involvement"* (McLeish, 2005, p.3). The auditory medium ensures that the listener's attention focuses completely on the information being given, plus inspires them to question their stereotypes on Millennials.

In Ireland the publicly owned RTÉ, Ráidió Telefis Éireann, is the national broadcasting station. Their Radio 1 channel is the country's best equipped and most prominent adult-orientated station (Devlin, 2005). For radio documentaries it is also the only station in the country with a real commitment to producing as well as broadcasting them. In their weekly slot *Documentary on One* airing on Saturdays and Sundays, each running for 40 minutes it *"is the biggest area in Ireland to which listeners can tune in to hear radio documentaries"* (RTÉ Radio 1, 2019). RTÉ also claims that it is currently the most successful radio department worldwide, by collecting more than 200 international and national awards in recent years (RTÉ Radio 1, 2019).

Considering my target audience is the Millennials parents generation the Baby Boomers, Radio 1's *Documentary on One* is the station I would pitch my documentary to. It is targeting a national reach, including my main audience, covers a wide range of topics and also claims to explore stories which are relevant to their Irish audience (RTÉ Radio 1,

2019). Although my topic is of global relevance it features interviews with Irish people all born between 1980 and 2000. From an editorial point of view it was also important to feature both Irish male and female voices from different social backgrounds to create as many perspectives as possible. Therefore, the listeners can identify themselves with the narrative. Radio *"is [a] blind medium but one which can stimulate the imagination so that, as soon as a voice comes out of the loudspeaker, the listener attempts to visualize the source of the sound and to create in the mind's eye the owner of the voice"* (McLeish, 2005, p.1).

The aim of this dissertation is not an academic study on radio theories and why it is important, yet radio's potential and its ability to resist the digital transformation needs to be taken into consideration. Moreover, these days radio documentaries can be listened to on demand and via podcasts which enables them to reach a bigger audience. The format of the documentary *A Tale as Old as Time* is an audio piece that was 25 to 30 minutes in length. It is a piece led through personal stories about Millennial's perception of love by the narrator. The main themes would be their hopes and fears for future relationships, what being in a relationship means to them and their idea of marriage.

5.2 Interviews

For this dissertation there was no right or wrong way to choose the contributors, in a way that every person belonging to Generation Y was the right choice. The documentary focuses on the individual stories of the interviewees rather than academic experts talking about a different age group. The voice of the narrator, also a Millennial, makes it even more personal and sets the scene. As the main theme, love, is a very intimate one the sense of perceived intimacy in radio, as described by Edmond (2015), allowed the interviewees to share their personal experiences on a very private issue. This may have left them with a higher comfort compared to a different media outlet (Edmond, 2015). For the radio documentary I conducted five interviews, whereas for the written part I executed four more interviews, which weren't recorded but functioned as a basis of research. The

interviewees for the radio documentary are profiled below. Detailed transcripts of all the interviews can be found in the Appendix E.

5.2.1 Emmet Gallagher

"I don't think it's something that you could ever write down; it's just something that when it happens you'll know. Like you know when you meet someone who's very attractive and you are like oh I like that person but you'll never if you kind of actually know them you fall in love with them. You would just know it would hit you like a train that you love this person and I suppose it's different for everyone."

Emmet Gallagher is a 22-year-old student from Wicklow. I never thought about Emmet when I was thinking about my possible contributors, as he was never taking anything seriously and just messing around. One day my thesis topic came up in our conversation and he said he would love to participate. He said that he thinks he has never been in love, yet has wonderful stories to tell about it. The interview took place in the radio studio on the Griffith College Dublin campus and it took approximately 30 minutes. Emmet was very enthusiastic about the interview and from the beginning felt very comfortable and confident when placed behind the microphone. He had no problem talking about very private and intimate moments, such as his father's illness which only through a miracle was cured and how he thinks he has never experienced true romantic love. Although he is only 22 years of age and has according to him, never loved another human being in a romantic way, he seemed to have a very fundamental understanding of what love truly means.

5.2.2 Vanessa Schäfer

"I think you can still be completely in love and have a very happy life and not get married to them and raise a family with someone and don't get. But if you wanted to be a unit and define your relationship or be defined in other people's eyes, I mean it's up to each person, or if it's important to you. I don't think it's that important."

Vanessa is a 23 year old based in Co. Dublin. Her father is German and her mother is Irish. Therefore, she spent a lot of time in Germany and Austria when she was younger, yet was raised mainly in Ireland. Vanessa is a very open minded and strong willed young woman. She was my second contributor and also she volunteered, after she heard about Emmet's participation in the project. She is quite the opposite in every regard compared to Emmet and has already experienced romantic love relationships. Currently she is in a very stable, long-term relationship with her boyfriend. As Vanessa often works as an actress she was not shy at all when we started the interview. It was very interesting to notice the different influences from her parents cultural backgrounds. She had a very strong and clear idea of what romantic love relationships mean to her and gave me very interesting insights on different aspects of love.

5.2.3 Sophie Collins

"I think human nature is survival, so yes I think you could survive without romantic love if it's unhealthy or just doesn't work but family or friendships I think you can't survive without."

Sophie is a 25-year-old young woman from Dublin. She was my classmate during my Master's degree at Griffith College. As she was one of my closest friends during this time we talked a lot about the topic of my thesis and during those talks I realised that I would love to have her as a contributor for my thesis. She has been in a relationship for more than two years, and also had had a lot of both bad and good experiences with romantic love relationships before that. Although she claimed to have a very traditional point of view when it comes to romantic love relationships and marriage, I noticed during the interview that there are many contradictions in her perception of romantic love relationships.

5.2.4 Sam Burke

"I don't really know, I think that there probably comes a point where after say talking to somebody for a little while, like a couple of conversations in you would know and you would sort of like a wave comes over you and we would really get each other kind of thing. I feel like I can talk about the things that really interest me and listen to the things that really reveal the person and you know not feel uncomfortable about it or like feel like that was an awkward dip in the conversation. That kind of thing."

Sam is a 20-year-old autistic student from Dublin. His autistic form is very minimal, yet noticeable in different ways. His parents have been together for many years; however they never wanted to get married. Sam's view on romantic love relationships is very honest, kind and open minded. He felt a bit nervous at the start of the interview but after a few warming up questions he became very talkative and was able to express his opinions and feelings in a clear way. He shared a lot of intimate details and insights about his current love life and what his hopes and dreams for his future romantic love life are. It was interesting to see what impact his parents had on him and also their way to express their love towards each other. From the very beginning of planning this thesis I wanted to include Sam in my project, yet was not really sure if he would share private stories about his love life, as he seemed very insecure when talking about dating. As the interview took place in the radio studio at Griffith College Dublin, with only us in the room, he seemed to become more confident and opened up more compared to when he was surrounded by peers.

5.2.5 Julius Klöpping

"My favourite thing about love is when you are in love with someone and you unexpectedly get this little message from them on your phone which, doesn't necessarily has to say anything but just seeing their name on the phone, this little joy, this little spark of joy is just

very nice. Otherwise the best part of love is actually having this other person you can share your life with and wanting to be the best version of yourself for this one person."

Julius is a 21-year-old German student, who has been living in Ireland for the last three years. He also heard about Emmet's and Vanessa's participation in this project and asked if he could talk about his experience as well. At the start I was not sure about including a non-Irish person, as I wanted to focus on Irish Millennials with different backgrounds. After talking to him he told me that he has been living in Ireland for a couple of years and wanted to stay in the country after he finishes his degree. Therefore I thought it would make sense to include him as he brings more variety to the narrative. Also the comparison between Vanessa, who has a German-Irish background but was raised completely in Ireland and Julius a German raised Millennial who moved to Ireland and immigrated into the Irish culture was an interesting mix. Compared to the other participants Julius' views were very different on romantic love. It seemed to me that he would fit in more into the Generation Z (born 2000 up to now), the generation following the Millennials, perception of love. For him digital interaction was the norm rather than face-to-face conversations with other human beings. While the others only mentioned dating apps, mobile devices and social media as a negative rather than using it as a positive and useful tool for building sustainable romantic relationships, Julius proactively talked about them as the new way of forming attachments and bonds.

5.3 Interview Techniques

"The aim of an interview is to provide, in the interviewee's own words, facts, reasons or opinions on a particular topic so that the listener can form a conclusion as to the validity of what he or she is saying" (McLeish, 2005, p.80).

All interviews conducted were based on the professional principles of the *NUJ Code of Conduct* as well as the *Griffith College Research Ethics Policy*. This states that *"consent is a fundamental research principle"* (Griffith College Dublin, 2019) and demands that each contributor is provided with a consent form that should be easy and clear to understand. It also states that contributors are aware of the voluntary intention of their participation and that they can at any given time withdraw during the production process. All contributors to the radio documentary *A Tale as Old as Time* signed a consent letter, which an example can be found in the Appendix F.

According to McLeish (2005) there are three basic types of interviews: the *informational interview*, which imparts information from the interviewee to the listener, the *interpretive interview*, where the interviewer supplies the interviewee with facts and asks for comments, as well as the *emotional interview* technique, which provides an insight into the contributor's mind (McLeish, 2005). For this radio documentary the *emotional interview* technique was used.

During the process of pre-production it was essential for me to know what I wanted to achieve with this documentary. As Steiner Kvale (1996) claims, the researcher is the main instrument acquiring knowledge and therefore a critical part in regard of the quality (Kvale, 1996). During my research I gathered questions I wanted to answer in my radio documentary. All participants were asked the exact same set of open questions, which would allow me to parallel cut between the contributors during the editing process. This set of questions can be found in Appendix D.

5.4 Music and Sound Effects

From the very beginning of the design process I was very conscious about the way the gathered material for this documentary was set. Based on five interviews and a personal narration I was lacking a soundscape, such as a particular inside or outside location with an exclusive set of sounds. According to that, my primary foundation of sound comes from different music tracks. I was facing the challenge of allocating the right songs, as I wanted to work with various love songs. However, everybody has a different idea of what a perfect love song sounds like. I asked around my peer group and on social media to send me love songs in order to gather a big archive from which I could choose. I wanted to include songs from different genres to develop a parallel in not only having a broad perspective within the framework of voices but also music wise. There is only one German song used in the whole documentary with the title *Aber dich gibt's nur einmal für mich* (but you are the only one for me). I chose this song as my grandfather used to play this song to my grandmother all the time on his trumpet. It is their personal love song and as it was through them that I have this personal obsession with love, I wanted to honour them by including the song while talking about them in the narration.

In addition to the songs I chose I used particular sound effects throughout my documentary to emphasise an emotion or to create an atmosphere. This helped me to create different threads of sound, which makes it more appealing to the listener and to create a distinction in the narration. I used music and sound effects as a way to break up an interview, emphasise moments and emotions, let the listener paint a picture, as well as to link various chapters with each other, I wanted to use music as a positive asset rather than filling the time between sections.

The inspiration for the title of my radio documentary *A Tale as Old as Time* came from the song of the same name from the Disney movie *Beauty and the Beast*. The movie is based on a fairy tale and a fairy tale does not have to make logical sense, as does love. It's a story about someone falling in love unexpectedly with someone whom is not necessarily good looking, or what your parents might have imagined. It's more about valuing a person's

character and not caring what society thinks is the right choice for you. For me the story is also about monstrosity. Not in a sense of the beast in the story but rather of the monster as a projection of our own anxieties, that there is more for us out there, or that we do not fit into the society we live in. As the movie ends with the song, I decided to let my documentary end with the song as well and use it as a wakeup call for the listener to rethink their norms and values, maybe even putting away their stereotypical thinking in judging somebody by their looks whether it's a Belle or a Beast. There is more to everyone than what society thinks is the right choice for them. Everyone should be free to decide who they love and how they indulge in their very own version of love.

5.5 Scripting

The scripting of the radio documentary took part during the process of putting the various pieces together. Starting with a storyboard of the different chapters and transcribing the interviews I tried to figure out which clips would fit into which chapter of the documentary. After finalising my written script I recorded a draft of the narration to work with in the editing process to make sure the links between the different chapters make sense. The written script can be found in Appendix C. For the narration I tried to write it as natural as possible so that it sounds like someone is talking rather than someone is reading of a script (AdMedia, 2000).

5.6 Editorial Decisions

All my interviews took place in the radio studio on the Griffith College campus in Dublin. I wanted to make sure that I have the best sound quality possible. The narration was recorded on a Zoom H2. For the editing process the software Adobe Audition CC 2019 was used and the editing took place throughout June and July 2019.

The process was to create a first draft of the narration and the edited interviews. Later on music and sound effects according to the script were added.

5.7 Limitations and Challenges

As I was moving back to Austria in the middle of May I had to make sure to conduct all the interviews beforehand. I was lucky all participants were able to spare half an hour of their time to let me interview them and were able to travel to the Dublin campus as I was limited in transportation. As the final narration was only recorded after everything was in order I was lucky to use the sound studio of my previous university back in Austria, so the sound would be similar quality to the in-studio recorded interviews.

One of my biggest challenges was also time management as I started working full-time at the beginning of June. This only allowed me to work on my dissertation after working hours, which often was exhausting. However, I tried to stick to the time management plan I made beforehand to make sure I got everything done on time.

6. Chapter Four: Discussion

When allocated my supervisors I set up a meeting with both academic and practical supervisor to gather as much insight from their perspective as possible. This was extremely beneficial in regard of the development of this project. The guidance and support provided by them allowed me to produce this radio documentary worthy of journalistic benefit.

As already mentioned due to distance reasons correspondence took place on a regular basis via email after the first meeting. The discussion and feedback from both Mr Brian Maye and Ms Colette Kinsella helped me to shape the documentary and the accompanying documentation in its main narrative, potential questions, research and other topics of relevance in regard to making this the best work in my academic career.

During the time between the thesis proposal submission and the submission of the final thesis, the structural and content-related element of this dissertation did not differ significantly. The only major change, also addressed in the thesis proposal in March, was rather than focussing on multiple nationalities I narrowed it down to one main nationality, namely the Irish. This was due to the fear of making the documentary sound too overcrowded when including more than five different voices, and also finding Millennials willing to participate, with different nationalities and an efficient level of the English language in such a short time. The second change was that the originally planned survey did not take place due to time restraints, as well as the research undertaken provided enough background knowledge to create the interview questions.

The topic of love is a very broad one and it has been of high relevance in media related products for ages. The difficulty for this radio documentary was to make it stand out in a time of media overstimulation. As previously stated, I had a personal connection to this topic which led me to the production of *A Tale as Old as Time*. One of the main concerns before starting the thesis was that the topic was too broad and abstract, as well as whether or not it had enough journalistic value for a dissertation. As previously stated,

there is hardly anything, be it from an academic point of view or not, that relates the experience of romantic love to the Millennial generation. I think this documentary adds significant value in this area. On the one hand it can function as a guideline for Millennials to realise they are not alone and others might be in the same boat as them. On the other hand it might encourage older generations to rethink their social norms and reduce potential pressure on their descendants. It also functions as another source for future journalists who are interested in the subject matter, as for me it was more difficult to structure myself on what direction I wanted to go and where to find appropriate evidence of research.

As to the broad aspect of the concept of love itself it would still be an interesting topic to dive deeper into and the research that has already been undertaken can form the base for other radio, as well as video, documentaries. There are many possibilities to continue this work into not only a stand-alone radio documentary but rather a series focusing on a different country or culture in each episode. As a start this documentary focused on a wider perspective of love in general but could in a new attempt go more in depth into the different areas such as marriage and love, or sex and love and how these aspects are linked with each other.

One of the main advantages I had compared to others was possibly my previous background and undergraduate degree where I specialised in audio and video production. This helped me especially with the editing process as I was already familiar with the software and hardware while recording the interviews. With being confident on how to use all the technical tools I could focus more on my interview skills and the contributor to get the most out of the interview. During the post-production there were hardly any technical issues as I have already produced various audio pieces over the last four years. Also my internship at our national broadcaster here in Austria and the feedback of my practical supervisor helped me a lot during the editing process in terms of cuts and transitions.

The only thing that did not work out as planned during the process was to interview older Millennials aged 27 to 35. As I was only living in Dublin for 8 months I did not know that many people as I would have in Austria. This made it harder for me to find suitable contributors. As already mentioned there was not much of a wrong choice in regard of the interviewees, I would have preferred a broader mix of age. Unfortunately all the people I approached did not want to contribute or weren't able to come up to Dublin for an interview. However, I am very happy with the contributors and the age range is still big enough. This can also be seen as a chance for a follow up or a remake to split the radio documentary in two parts if it was to be redone. One part focusing on the younger people of the generation, leaning more towards Generation Z and the second part focusing more on the older Millennials, who are probably more influenced by Generation X.

7. Conclusion

The objective of this thesis was to explore the intentions and beliefs Millennials have in regard to romantic love relationships, how they experience, define it and their fears and hopes regarding romantic love attachments.

It sought to examine the complexity not only of the nature of romantic love, but also the cultural and social shift that has taken place from previous generations to the Millennial generation. They are redefining their relationship roles, challenging outdated social and cultural norms, serving as a barrier in regard to happiness, success and equality of their partnerships, forging their own path into a new interpersonal romantic love relationship. Placed between the desire for their individual constructed romantic love attachments and the traditional path delineated by their parents generation, there is a bitter aftertaste that lingers over the Millennials concept of love.

Some may argue that this generation is full of narcissistic people, more concerned about the next selfie they are going to post on their Instagram feed, rather than building a strong and trustworthy long-term love relationship with another human being. Others believe Millennials are the first of many having higher standards for themselves when it comes to loving and willingly committing or settling for something below of what they think is their soul mate connection. In spite of how Millennials define and experience love, this radio documentary showed that a broad majority of Millennials still desire romantic love and long for a deeper emotional need, yet shifting the social constructs of what a "real" romantic relationship is supposed to feel and look like.

I would even go so far as to say that Millennials might be the most romantic generation there ever was, as they are the first who can freely indulge in romantic love relationships without needing social approval. In terms of social media we have to live with the fact that our lives are becoming much more public than they might have used to be, yet at the same time that makes our romantic gestures timeless and immortal in a way.

The documentary showed that Millennials are more mindful and engaging when finding romantic love. The process of maintaining a healthy love life is becoming more important than the actual outcome. They are more open to ideas of how the relationship can work, and more willing to make compromises in order to keep their partners happy. For Millennials physical connection seems to be the way to emotional bonding, not only in a sexual meaning. Touching in also non-intimate situations, exploring and getting to know themselves first before engaging with another individual makes them more sure of their goals, desires and needs for future relationships. Millennials might seem to commit later, but once they do it's a truer form than that of previous generations. Of course there are Millennials jumping from one relationship to another, but not because they do not want to stay in a romantic relationship but rather because they are still learning about themselves, or they are using modern dating Apps such as Tinder for various hookups because they are not emotionally ready yet.

Maybe there is a shift in society and the Millennials are shaping it as they go, or it is just a common complaint as always when there is a new generation of youths growing up, rebelling against their preceding generation. Young people, no matter which generation they belong to are constantly exploring their environment and within that trying to find themselves. Whether it's Tinder or the Hippie movement in the 1960s, this is a continuous complaint that will go on for many years to come. At the moment the Baby Boomers are calling the Millennials a generation incapable of romantic love relationships, and so will the Millennials have something to say about Generation Z and what comes after that. The definition of "a real romantic relationship" is changing, or has never been defined.

As can be seen in one of the interviews, a participant stated: *"All society teaches us is how we prevent stuff from happening, not how to make things work. We learn how not to get pregnant, how not to fall for the wrong person, how not to get distracted when it comes to achieving your personal goals, when at the same time we should be teaching people how to fall in love with someone and make it work, how to guide them and how to appreciate their values and beliefs. And what I think what we should learn most importantly is how we can be loved by someone else, that's the most important thing, maybe 'the talk' you have*

with your parents should be more about things like that and more than just about the birds and the bees."

The documentary showed that Millennials are not as bad as they are sometimes depicted in the media. Millennials, Generation Y, Generation Internship, the "Me" Generation, whatever name society has given them, I strongly believe that this generation is still looking for a strong and secure relationship with another individual; their attempt is just a different one. As the problem with Millennials not wanting a romantic love relationship is that, at the end of the day, they actually do.

8. Appendices

8.1 Appendix A - NUJ Code of Conduct

NUJ CODE OF CONDUCT

Members of the National Union of Journalists are expected to abide by the following professional principles

A JOURNALIST:

- 1** At all times upholds and defends the principle of media freedom, the right of freedom of expression and the right of the public to be informed.
- 2** Strives to ensure that information disseminated is honestly conveyed, accurate and fair.
- 3** Does her/his utmost to correct harmful inaccuracies.
- 4** Differentiates between fact and opinion.
- 5** Obtains material by honest, straightforward and open means, with the exception of investigations that are both overwhelmingly in the public interest and which involve evidence that cannot be obtained by straightforward means.
- 6** Does nothing to intrude into anybody's private life, grief or distress unless justified by overriding consideration of the public interest.
- 7** Protects the identity of sources who supply information in confidence and material gathered in the course of her/his work.
- 8** Resists threats or any other inducements to influence, distort or suppress information, and takes no unfair personal advantage of information gained in the course of her/his duties before the information is public knowledge.
- 9** Produces no material likely to lead to hatred or discrimination on the grounds of a person's age, gender, race, colour, creed, legal status, disability, marital status, or sexual orientation.
- 10** Does not by way of statement, voice or appearance endorse by advertisement any commercial product or service save for the promotion of her/his own work or of the medium by which she/he is employed.
- 11** A journalist shall normally seek the consent of an appropriate adult when interviewing or photographing a child for a story about her/his welfare.
- 12** Avoids plagiarism.

The NUJ believes a journalist has the right to refuse an assignment or be identified as the author of editorial that would break the letter or spirit of the code. The NUJ will fully support any journalist disciplined for asserting her/his right to act according to the code.

8.2 Appendix B – Griffith College Research Ethics Policy



Griffith College's Principles of Research Ethics

Researchers in Griffith College are committed to adhering to the highest ethical standards. These ethical standards include the principles of informed consent, the right to withdraw from research, data protection, and respect for human rights and equality as well as sensitivity to issues arising from inequalities of power. It also recognises that there are particular ethical issues in research involving children, young people and vulnerable adults and that such research involves particular attention. Vulnerable populations may include, for example, children, people with a learning disability, prisoners, and those in a subordinate position to the researchers.

The purpose of a Research Ethics Committee is to review research projects before they commence in order to assess their ethical implications and to provide guidance, support and approval to researchers on ethical issues.

Our obligation to research participants includes an obligation to explain, in accessible terms, what the research is about, who is undertaking it, funding it (if applicable) and why it is being undertaken. The creation of a Research Ethics Approval Form requires postgraduate learners (in conjunction with their supervisor) who are engaged in academic research involving humans to consider the ethical implications of their research proposal and to create and include an information sheet as part of their application for ethics approval.

Consent is a fundamental research principle and Griffith College's Research Ethics policy proposes that it should be documented and explicit. All consent forms should be clear and easy to understand and should explain to participants what is involved in the research (including any identifiable risks). Participants should be made aware in a consent form that participation is voluntary, that they can withdraw at any time and without subsequent effect to them. It is important that no pressure should be exerted on participants and/or that no unreasonable inducement be offered in order to gain consent. Participants should either be assured of confidentiality or advised on the limits of confidentiality i.e. participants should be aware that confidentiality of information provided can only be protected within the limitations of the law (depending on the nature of the research proposal, these limitations may need to be stated). In the case of unobtrusive observational or covert research, care should be taken to ensure that the research is justified and that the benefit of undertaking the research outweighs the risk (such as invasion of privacy).

It is important also to recognise that all researchers must be appropriately qualified and have sufficient experience to lead or conduct the research.

Griffith College's Learner Guidelines on Research Ethics

1. The purpose of the ethical review process is to offer advice, support and guidance on ethically appropriate research and as such the process should be viewed as a support to good research practice.
2. All postgraduate researchers within the Journalism & Media Faculty who are proposing to do academic research involving humans are required to seek ethical approval from the Faculty's Research Ethics Committee (REC).
3. There are a number of exemptions to the Faculty's research ethics approval process. All applicants are advised to check with their supervisor/Dissertation Co-ordinator that their research requires consideration before submitting their approval form.
Exemptions:
 - i. If an applicant is doing a Dissertation by Practice in the College, they are not required to seek formal ethical approval but instead should be guided by industry best practice¹.
 - ii. Research which uses only existing data which is publicly available.
4. The process of gaining ethical approval begins by first downloading Griffith College's Research Ethics Approval Form which is available on the Media Faculty page on Moodle. The form itself, and its implications for your research, should be considered by you and then discussed with your supervisor.
5. It is important that you consult with your supervisor before you submit the Research Ethics Approval Form.
6. Dates for submission of Research Ethics Approval Forms will be posted on the Media Faculty page on Moodle.
7. The completed application should be proofread and spellchecked before submission by you to the Faculty REC. It should also be signed by your supervisor before submission.
8. No data collection should be carried out on your project until you have received written approval from the Faculty REC.
9. The application form must be completed in full, and submitted by the dates specified. Late submissions will result in a delay in applications being processed.
10. Applicants should submit one signed copy of the form to the Faculty Office and an email copy of their form to the Dissertation Co-ordinator.
11. Incomplete Research Ethics Approval Forms will not be accepted and will be returned. This will result in a delay in processing your application.
12. The Faculty REC will endeavour to process applications as quickly as possible. Please note that if a project is judged to be of particular risk, the Faculty REC may forward your proposal to the College REC for advice and guidance.
13. The Faculty REC is not concerned with methodological issues but may choose to comment on them in so far as they have ethical implications.
14. If your application is successful, your supervisor will receive written notification and you can commence data collection and proceed with your project.
15. If your application is unsuccessful, your supervisor will receive written feedback explaining the decision and advising on the next course of action. You will be invited to re-consider your application in light of this feedback.

¹ In the case of a journalism project, National Union of Journalists (NUJ) Code of Conduct should be consulted. See page 21 or consult: <https://www.nuj.org.uk/about/nuj-code/>

8.3 Appendix C - Script

DESCRIPTION	SCRIPT	COMMENT
Voice over	I am a Millennial	Start into documentary Statement
Music	Johnny Cash - Walk the Line	Slowly starting in the background
Voice over	Born into walls falling. Born in a time where limitations and borders receded. Born into a world that was shrinking and becoming entwined. Born into a truly changing place. Born to fly and dared to soar.	
Music	Johnny Cash - Walk the Line	Music plays no Voice over
Voice Over	I would say every generation is born of circumstances. With my 25 th birthday coming up I am facing, and to say this with the words of a Millennial my "quarter life crisis". A catchy play-on of the better known "Midlife Crisis". It represents a young individual Millennial adult, who just like me, has recently entered the "real world". Fresh out of college, confused and distressed about upcoming life decisions. However, I think what the quarter life crisis truly represents is the very strong cultural gap between my generation, the Millennials and our parent's generation- the Baby Boomers. A difference in culture between us and our parents.	
Clip	Emmet - talks about his love for his phone Sophie - talks about people on Instagram	Typical cliché what society thinks about the Gen Y
Voice Over	It's another day, and with it comes another piece about how we Millennials, according to common believe are never going to find anything resembling true love - Ugh- .I wonder why aren't we instead of making gross generalizations, focusing and celebrating everything that this generation has. We are, for the first time in history able to dream big and I mean BIG! Not only do we have tons of choices in our career but also less social pressure to just get hooked up in our late teens and pop out one baby after another. You may call me crazy now, but I am still a firm believer that we are able to find love with our digital DNA and that the romantic days of my generation aren't numbered.	

Music	Ed Sheeren - Perfect	Music alone
Voice over	Yes some of us may not want to get married after all. I mean look how brilliantly some of our parents have handled that. Maybe we will live with our partner in common law relationships. Some may get married and have no kids others might as well procreate yet their left ring finger will stay just like that. Forever ring-less. But does all of that really matter? Is there a right or wrong when it comes to love? And who is in charge of defining the rules? Just because not all of us want what society calls a 'traditional' romance, doesn't mean we can't love in a way that works for us.	
Clip	Sam - crush he had during secondary school Vanessa - boyfriend and her previous love relationships Emmet - his love for his pug	
Voice Over	Let's start this off with a little bit of history. What actually is love? And since when is love around us? Romantic love is a "human universal" everywhere you look you can find some sort of passion.	
Music	Walther von der Vogelweide - Unter der Linde	Starts in the background
Voice Over	In history class we all learned about the troubadours and how they started singing minstrels to their beloved ones. You could say that they invented romantic love in a way, but that isn't the case.	
Music	Walther von der Vogelweide - Unter der Linde	Music alone
Voice Over	The oldest love poem known to men goes back more than four thousand years to ancient Sumeria. It's about the romance of the queen Inanna and her shepherd boy, who she fell in love with. His name was Dumusi, and in her poem she called him "her beloved, the delight of her eyes" Since we humans walk on the surface of this planet declarations of love have accompanied us wherever we go. In ancient Greece Psyche whispered to Eros "I love you, I love you desperately, I love you more than my own self". And even before that some arabic legends tell us the story about the brave Majnum and his Layla whose feuding families tried to do everything to keep the young lovers apart. The legend ends with them dying young yet full of love. Sounds familiar, right? Well even Shakespeare had to get his inspiration from somewhere. And as I said love has been around us for years	
Music	African music	Music starts with vocals
Voice Over	and I am quite sure if we could transport ourselves back to the tropical grassland of Africa, we could see hunters	

	gathering around the fire, retelling beautiful stories of love.	
Music	African music	Mix with Sound effects (Bonfire) music alone
Voice Over	So what is it that makes the Millennials so different to other generations I wondered and I began to look around. Luckily I grew up in a big family, so I was able to find examples of all generations.	
Music	Nilsen Brothers - Aber dich gibts nur einmal für mich	Starts in the background
Voice Over	Let's start with my grandparents My granny met my granddad when she was 16, the two fell in love and she even had to get permission from her parents to get married at the age of 21. When I was 21 I just broke up with my boyfriend of five years on valentines day, not the most romantic thing to do let me tell ya. Anyway back to my grandparents, seven years later my granny already gave birth to her fifth child and in 2017 they celebrated 60 years of marriage with my granddad giving her 60 roses while singing their wedding song.	
Music	Nilsen Brothers - Aber dich gibts nur einmal für mich	Music alone
Voice Over	Could it be any more cliché, I think not. My other granddad passed 19 years ago and now my grandmother travels the world with her new boyfriend. They are just back from their two weeks trip to Japan heading to Bordeaux next month. Quite the opposite I know, yet still another form of a romantic love relationship. My parents were married for 20 years and are now divorced, with my dad being remarried to his new wife. Typical Baby Boomer patch work family there. As there was hardly a chance to find one definition within my family I decided to turn to my peers.	
Clip	Sam - Definition of love Emmet - Definition of love Vanessa - Definition of love	
Music	Haddaway - What is love	Music alone
Voice Over	As a Millennial, I am not the only one growing up with divorced parents. We have more access to technology including dating apps that let us swipe right or left on pictures all day long. Gone are the days of simply meeting and marrying the boy or girl next door. But while growing up differently than our parents it turns out, Millennials aren't the commitment-phobes many assume us to be.	

Clip	Sophie - Surviving love Julius - About love Sam - What is there besides love	
Music	Foreigner - I wanna Know what Love is	Plays in background parallel cut to VO and Clips
Voice Over	How we grew up actually may have made us even more motivated to find love. The sheer amount we are faced with can make committing even harder sometimes. I mean take it like that, when you had the choice between the classic vanilla, strawberry or chocolate ice cream, it was an easy decision to make. Nowadays you walk into your local ice cream shop not being able to go with rather the Dark Chocolate Cacao Nib, Salted Caramel Swirl with Curried Nuts or Pistachio Honey Ricotta ice cream. We are conditioned to have it all, and that's what we want. After seeing where our parent's generation went wrong, we created a more open type of relationship for ourselves. Of course the approach is different.	
Clip	Vanessa - Generation incapable of love Julius - Generation before us Vanessa - Generation incapable of love Emmet - Incapable of love Sam - Dating Apps	
Voice Over	Millennials have seen the tolls relationships can take and aren't necessarily sure if a traditional relationship is for them. We get married later, and because of that we don't have this fantasy of what marriage is supposed to be like. We are also a generation that demands freedom and the idea that a committed, monogamous relationship might not work for everyone makes sense for our generation.	
Clip	Sophie - Marriage Sam - Marriage Emmet - Marriage	
Voice Over	During our 20s many of us are choosing to prioritize other aspects of life such as education, career, travel or life experiences before we want to settle down with a partner. Some of us don't find their partner in high school, but rather later in life during a time where we	

	independently have created our own identity, established our careers and have a secure source of income. It is also acceptable to have kids without walking down the aisle first. While some of us don't see much benefit from obtaining a marriage certificate anyways, due to being raised in a broken home themselves and potentially complicating things.	
Music		
Voice Over	As Millennials, we are constantly glued to our phones, in pretty much every situation. I'll put my phone down and then immediately worry I'll be missing some interaction from my friends. While we may do this as a way to feel connected, it can sometimes lead to us being disconnected in real life, especially when spending time with our partner. On the other hand, our phone can also be used as a means to connect and communicate more effectively.	
Clip	Julius - Advantages of Cell phones Sophie - Social Media	Parallel cut
Music		
Voice Over	But what if I choose the wrong one I often ask myself. I have been single for over three years now and although I have all the tools laid out in front of me for finding the one, I sometimes have the fear of missing out by choosing the wrong person. And I am not alone in this anxiety. Most Millennials often fall victim in their beliefs that there is always someone better out there, with better hobbies or a better lifestyle. Why can't we stop feeding into this anxiety and rather than searching for the right partner focus more on being the right partner.	
Clip	Emmet - Future hopes Vanessa - Future hopes	
Voice Over	We have all had them at some stage in our lives. Almost relationships with no strings attached sex. It is the new version of commitment we millennials see ourselves in. Leaving us on a constant stand-by wondering where this is heading,	
Music	Honne - Day 1	Starts slowly in background
Voice Over	if anywhere and we plague ourselves if we are just wasting our time. No one is clear about the other's intentions, some even lie about them just to have their ego stroked, or not getting hurt. But basically no one has any clue what the hell is going on. Romantic days used to be much simpler. You liked someone, you told them and if they felt the same you got together. Nowadays after you are hanging out with someone almost every day for months, spending the weekends together, going	

	on dates and meeting the family it's sure for everyone: Of course you are friends. So where will we find it? Our love of our live? Or is there even still something like the love of our live?	
Music	Honne - Day 1	Music alone
Clip	Emmet - Parent first love Vanessa - Love of your life Sophie - First date with boyfriend Sam - Love at first sight	
Voice Over	In times of Tinder, Bumble and all the rest sex is scarily available with one simple swipe. There is zero effort made in truly getting to know someone. A naked body is not a naked soul and unless you are willing to undress and show your most scared and vulnerable parts first, sex does hardly ever lead to a relationship.	
Music	Bärns - Electric Love	Plays in background
	It leads to confusion, heartache and in most cases another one night stand with the next person.	
Clip	Sophie - Sex Sam - Sex Vanessa - Sex	Parallel cut
Music	Bärns - Electric Love	Music alone
Voice Over	There is not one way a romantic relationship SHOULD be and Millennials are the first generation allowing themselves to define what it means for them rather than what society defines. The idea is to enjoy and be happy in our relationships, however we want it to be.	
Clip	Vanessa - How to be happy Sophie - How to be happy Sam - How to be happy	Parallell Cut
Voice Over	We are not the first generation who struggles with finding true love and we definitely won't be the last. Because for as long as humans were around love was there as well. It developed, changed, adapted and evolved though time and it will continue its path through all the generations who have yet to come. We will never truly understand love as it is a tale as old as time...	
Music	Disney - A tale as old as Time	Fading out

8.4 Appendix D - Interview Questions

1. How would you define love?
2. What is your first memory of love?
3. Have you ever been in love?
4. How do you know you are in love
5. How does it feel to be in love?
6. How did you learn to love?
7. Who would you say has influenced how you experience love? (parents, friends, society..)
8. What is/are the most important components of a romantic love relationship?
9. Do you think there are different types of love?
10. What is your best/happiest memory of love?
11. What is your greatest fear regarding romantic love?
12. What are your hopes for the future regarding romantic love?
13. Could you be happy without love?
14. Do you think marriage is an important part of love?
15. What does being In a relationship means to you?
16. Is sex an important part of love?
17. Would you say your generation is incapable of love?
18. Do you think there is a "love of your life" or "love at first sight"?
19. Could you be in a relationship with someone who doesn't want sex?
20. Would you see yourself married in the future?
21. What is your favourite thing about love?
22. Do you think love has changed over the years?

8.5 Appendix E - Interviews

INTERVIEW EMMET GALLAGHER 02/05/2019

RADIO STUDIO GRIFFITH COLLEGE

00:00:30 Lena: So how would you define love?

00:00:34 Emmet: how would I define love.. that is a very though question. I think it'll be accepting someone for all of their flaws cause they make you a better person and finding someone that helps you grow as a person and that just kind of it doesn't no matter what happens you still want them to be by your side.

00:01:01 Lena: ok, and what was your first memory of love?

00:01:03 Emmet: Ehm.. probably when I was young my dad got sick and it was basically terminal and that kind of realisation that I'll wake up one morning and he'll be gone and that kind of feeling of losing someone you love that kind of informs you of what love actually is. Cause you might love someone for a couple of years and you never understand it so that kind of feeling of when by pure miracle he was, he recovered and he was well and just that feeling of just knowing that I will still have him in my life for a lot longer that was, that was love for me.

00:01:37 Lena: and have you ever been in love?

00:01:40 Emmet: Have I ever been in love.. I don't think so, I have a pug for about two years and I'd honestly die if anything would happen to him so that's kind of the closest thing to love I have every had except for family members and stuff like that. Not love with another person no.

00:01:58 Lena: well how would you know that you are in love or how do you think does that feel like?

00:02:05 Emmet: I don't think it's something that you could ever write down, it's just something that when it happens you'll know. Like you know when you meet someone who's very attractive and you are like oh I like that person but you'll never if you kind of actually know them you fall in love with them you would just know it would hit you like a train that you love this person and I suppose it's different for everyone. But I think that is why it's so hard to define, especially kind of nowadays when you don't see people in

person you kind of like text them. And you kind of see an alternative version of someone online and how do I feel about that person, whereas back in the day you kind of knew someone or didn't and that's how you knew you'd love someone.

00:02:50 Lena: How did you think you learnt to love?

00:02:55 Emmet: I think I learnt to love through my parents cause they have always just had such a good love for each other and seeing the happiness they have grown into each other over the years kind of how much they care for each other and pick each other up, I think that's where I learnt what love was.

00:03:11 Lena: Would you say that's also how they behaved towards you or just between the two of them?

00:03:14 Emmet: Oh my parents will be so supportive, and not just in that they want the best of me in like so I am materialistically well off but they kind of always continued support through love has just been there since I was a baby and that'll always continue cause we just have so much love for each other.

00:03:35 Lena: And who would you say has influenced how you experienced love?

00:03:40 Emmet: Ehm, people around me that are close to my, like my parents again and my brother had a baby recently and just seeing the pure joy that a baby can bring someone and knowing that they always have, she'll always have that love there. Also the love that I have for her as well like my niece is just it's something you have to experience to really understand.

00:04:09 Lena: What do you think are the most important components when it comes to romantic love relationships?

00:04:18 Emmet: Trust, like you can have love for each other and think that this person is amazing but if the foundation of trust isn't there I can put everything I have into this person but you can't really love someone. And if you can't, like if something happens to me and this person wouldn't be there by my side like I can't trust her with that, then what's the point of being with that person.

00:04:46 Lena: Anything else except trust?

00:04:48 Emmet: Probably just the person and who they are fundamentally like they might be a funny person or have interesting things to say. But if they are fundamentally

not comparable with you like on the kind of same level it's never gonna work. From the surface and why it's not, like it has to be a much more deeper meaning than that.

00:05:14 Lena: Do you think there are different types of love?

00:05:18 Emmet: Yeah definitely, there is kind of the love you have for your family and the people around you and you would do anything for and then there is materialistic love, like I gotta love my phone like I would literally die without it but I would also die without my parents. But if I did lose my phone I would get over it but if I'd lost a family member it would be a completely different idea to the things we kind of do nowadays, we fall in love with the idea of people online and like we kind of loose what love really is, it's caring about someone on such a fundamental level. And I think that's kind of it for me.

00:05:58 Lena: What is your happiest memory of love?

00:06:02 Emmet: Probably the day my dad came home from hospital. And he just came in and he lost like 60% of his weight and he looked like he was dead and he came in and he saw us and he had the biggest smile on his face. And in that time he wasn't sick anymore he wasn't dying he was just my dad again.

00:06:28 Lena: What is your greatest or biggest fear when it comes to romantic love?

00:06:30 Emmet: I think getting hurt it's kind of an obvious thing but if you are in love with someone and it doesn't work then you kind of you put so much into that person and it won't work out like it's part of life and it will happen but it's just the thought of it, that's why I think so many people are so afraid to commit because of the pain that can happen if it doesn't work out.

00:07:00 Lena: Are you afraid to commit?

00:07:01 Emmet: Oh definitely, just in case I get hurt, I am a very fragile person.

00:07:08 Lena: What are your hopes for the future?

00:07:12 Emmet: ehm that one day I would find someone and I can put all my love into and make them happy as well, I think that's one of the main things to make the other person happy as well. I have no definitive plan I just wanna let it happen and I don't want to put too much pressure on like I need to find a person I love like straight away, need to start a family I am in no rush. It will happen when it happens.

00:07:40 Lena: Do you think you could be happy without love?

00:07:44 Emmet: yeah I think so, but I wouldn't be really full as a person, like I have my materialistic love and all that, and you might love someone because they do things for you and they might kind of do whatever you want them to do but you don't really love them. So I think you can be happy but you'll never be truly a person without love.

00:08:07 Lena: Do you think marriage is an important aspect of love?

00:08:13 Emmet: Yes and no I think it's not in a way that it was more than in a personal way like with god and all that. Like when my brother got married last summer it wasn't a religious thing like it used to be, like committing yourself to someone for the rest of your life kind of thing. So I think marriage would be important in that way but you don't need the proof to anyone else, just that person so if you decide you don't wanna get married and that's totally fine.

00:08:48 Lena: For me relationships are

00:08:54 Emmet: finding someone to make the world a better place with

00:09:03 Lena: For me being in a relationship without love is

00:09:07 Emmet: pointless

00:09:10 Lena: What does being in a relationship with someone mean to you?

00:09:15 Emmet: It means finding a sort of fundamental happiness

00:09:24 Lena: Is sex an important part of love?

00:09:24 Emmet: yeah I think it is, I think you need to be comfortable with each other on all sorts of levels and sex is definitely one of them.

00:09:37 Lena: Would you say your generation is incapable of love?

00:09:39 Emmet: It's getting to that point cause we are so fixated to getting likes and all of that and not going out and meeting someone as we are more worried about how they perceive me instead of like me.

00:09:55 Lena: Do you think there is a like kind of love of your life or Love at first sight for everyone?

00:10:05 Emmet: I think it depends on the person, my parents like that was the case. My mum was in love with my dad for years and he was in a relationship and that broke up and he saw my mum one day and thought what the fuck am I doing and he asked her on a date and they went out on a Friday and they moved in together on a Monday. That's 30 something years ago and they are still together so I think it is. They went out on Friday

night and she moved in on Monday. They knew each other, my mum's in love with him like more on a foundational level. Just when they went out on a date on Friday they thought this is it.

00:10:51 Lena: Could you be in a relationship with someone who doesn't want sex?

00:10:52 Emmet: Yeah definitely, I think if they have a legitimate reason for anything I think you should try to understand it and I think in some places it won't work out cause they might fundamentally be a different person, but I think there is a lot more deeper meaning to relationships than just that so it can work.

00:11:14 Lena: Would you see yourself married in the future?

00:11:15 Emmet: Ehm maybe, It's not something that I put a lot of pressure on but if I would find someone that I deeply love then I would want to marry that person so I have that kind of ceremony, say it out loud that I love you and be with you for the rest of my life kind of thing.

00:11:37 Lena: What is your favourite thing about love?

00:11:38 Emmet: Having someone that will be there for you no matter what happens, that support.

00:11:48 Lena: Do you think love has changed over the years?

00:11:50 Emmet: yeah I think it has, it kind of lost its romantic kind of parts of it and it's more like okay I need to get married I need to have kids and be able to post it on social media and also it kind of lost its way on people are too career focused and looking out for like what is actually a good life for me rather than how can I make the most money out of it, how can I live in a biggest house possible.

INTERVIEW VANESSA SCHÄFER 03/05/2019

RADIO STUDIO GRIFFITH COLLEGE

00:00:50 Lena: So how would you define love?

00:00:53 Vanessa: I don't know. I would define love as like something that makes something else more important than anything about yourself if that makes sense, so if you love your boyfriend and then his happiness is more important than your own, or if you love your dog, your child or whatever.

00:01:25 Lena: What would be your first memory of love?

00:01:29 Vanessa: Probably I was about to say my dog, but probably my mum or my dad, my brothers. Just feeling like they would be there for me and love me no matter what and I could do whatever I wanted and they would still always love me.

00:01:51 Lena: Have you ever been in love? And how does that feel like?

00:01:53 Vanessa: Yes. I think I don't know it's like. Just like being so happy when you are with that person and if anything happens being like oh I can't wait to tell them and you know wanting to hear everything about, like what he ate for dinner, what he thought about when he woke up this morning just like.

00:02:30 Lena: How do you think did you learn to love?

00:02:33 Vanessa: Ehm, probably from my parents, watching my parents. They are still married and they have got a really good relationship and they are really supportive of each other. But they are not like in some relationships people can be quite controlling and stuff, but they both have their own thing but they are very much like a unit together. So I think from watching them they kind of taught me, what love should look like and that any other than that is just kind of obsession or infatuation.

00:03:10 Lena: Who has influenced you most on your experience of love?

00:03:12 Vanessa: My parents, and my brothers and my boyfriend obviously. Well he just like, I always thought boys who I was seeing before I was like oh I am so in love with them but when I met him and we have been going out for two years and then I was like everyone else was not love and I just kind of fancied them and liked them but like it's not the same but yeah.

00:03:39 Lena: What would you say are the most important factors when it comes to romantic love relationships?

00:03:45 Vanessa: Trusting the other person and kind of putting yourself aside as well like if they are having a bad day, like putting what they want to do first and supporting each other and not being too, like still allowing the other person to have their own life as well cause you know like a lot of couples tend to become really serious and like this happens with most couples when they start going out but as long as you can go off and see your friends and the other person is not texting you being like 'where are you? You should be with me' you know that's really important as well.

00:04:33 Lena: Do you think there are different types of love?

00:04:34 Vanessa: Yes. I mean the love you have for your parents is not the same you have for your romantic partner and it's not the same you have for your friends, or your dogs or whatever.

00:04:49 Lena: What would be your best memory of love?

00:04:56 Vanessa: I don't know.. I can't think of any. There is not one specific, it's not like you know like little things, when he does something really say my boyfriend does something really small and I think like 'oh that's so lovely' Like if I don't see my dog for a year and then I come home and she's so happy to see me, or something like that.

00:05:25 Lena: What would be your greatest fear regarding romantic love?

00:05:25 Vanessa: Probably like being cheated on. It's just a real betrayal and it would kind of make you question everything like did he even love me did he whatever.

00:05:47 Lena: What are your hopes for the future regarding romantic love?

00:05:48 Vanessa: I don't know I don't really like to think about the future too much. It's kind of like enjoying life the way it is I kind of think if you plan too much you know things like things happen in life that are out of your control, and if you try and plan everything you put your mind to something and it doesn't happen you just gonna set yourself up for disappointment. So I think just try and enjoy it while you are in the moment

00:06:19 Lena: Do you think you could be happy without love?

00:06:20 Vanessa: No, I don't think so like that would be the point of anything? Even your course that you do or your job you do it because you love doing that, but if you just doing it because it'll be a bit depressing.

00:06:40 Lena: Do you think that marriage is an important part of love?

00:06:43 Vanessa: Yeah but I don't think it's defining, I think you can still be completely in love and have a very happy life and not get married to them and you can raise a family with someone and don't get married I don't think it's that important. But if you wanted to be a unit and define your relationship or be defined in other people's eyes, I mean it's up to each person, or if it's important to you. I don't think it's that important.

00:07:27 Lena: What does being in a relationship mean to you?

00:07:30 Vanessa: I don't know, it's just really nice to have someone to talk to at the end of the day and say what's going on and having a friend who's always there.

00:07:47 Lena: Would you say that sex is an important part of love?

00:07:48 Vanessa: Yes. In romantic love you can I feel like without sex it's like you are taking away a lot of the intimacy of the relationship and I feel like it's a very good way not like getting to know your partner but getting to know the person that they are. And I feel like when people say I don't wanna have sex before they get married for whatever reason it can change the way you look at a person after you have sex with them. So I think it is a very important part of a relationship and also if you don't have good sex you probably aren't as compatible as you think you are because that is an important part of life.

00:08:36 Lena: Would you say that your generation is incapable of love?

00:08:39 Vanessa: No, Cause we are not. If anything the generation before us is more incapable of love. Cause I think our generation we like every day try to find things that we love and I think we are more into making connections with people that we don't know and I think people probably date more than they did in the old days, but I think that's just because we now have as not as strict rules on how you should behave in a relationship.

00:09:19 Lena: Do you think there is a love of your life or love at first sight?

00:09:20 Vanessa: I think there is a love of your life ehm cause I think you can have more than one love of you live, but no that doesn't really make any sense does it? But I think there is for some people they have that one person that they love for their whole life but for others have maybe two or three people and love at first sight. I think that is purely based on attraction like you can look at someone and think like oh you are amazing, but you could talk to them and they could end up being a racist or a dickhead or whatever

you know. I think you can be attracted to someone at first sight but not in love with someone just by looking at them.

00:10:06 Lena: Would you see yourself married in the future?

00:10:08 Vanessa: Yeah maybe yeah. Well, not right now yeah maybe later.

00:10:23 Lena: do you think love has changed over the years?

00:10:25 Vanessa: No, I don't think so I think the feeling that people feel when there in love is always the same.

INTERVIEW SOPHIE COLLINS 07/05/2019

RADIO STUDIO GRIFFITH COLLEGE

00:00:18 Lena: How would you define love?

00:00:19 Sophie: Love is all encompassing

00:00:36 Lena: What would be your first memory of love?

00:00:40 Sophie: So thinking back when I was very young I had a very big health scare were I almost died and had a huge open heart surgery and it was obviously devastating for everyone involved. But still to this day when that subject is brought up my family talks about, all the emotions and everything I can still sense the amount of love that my family had for me at that time and still it resonates because of course loosing someone in your family would be the worst. I think that would be my first memory of just feeling all of the love

00:01:25 Lena: Have you ever been in love?

00:01:26 Sophie: yes

00:01:27 Lena: and how would you say does that feel like?

00:01:30 Sophie: The best thing in the world! I think when you are in love the people that you love they could do anything and you'll always I mean there is nothing in the world they could do that make you not love them and I think yeah..

00:01:46 Lena: How would you say did you learn to love?

00:01:49 Sophie: From my family, I come from a very close family, there is five of us in my direct family and then we have a very large family on both my dad's and my mum's side and just everyone has such respect for each other we have always been close, there is never been a moment were not sure if it was a (starts laughing) so yeah definitely from my mum and dad especially they are two of the most loving people and you can see that in their relationship as well still to this day.

00:02:20 Lena: What do you think are the most important components when it comes to romantic love relationships?

00:02:26 Sophie: Trust, I think is the number one you can't go without that. It just won't work. I think you know being confident in a sense that you be independent or anything

like that there is nothing you can tell them you know can change their feelings towards you.

00:02:27 Lena: Do you think there are different types of love?

00:02:28 Sophie: yeah of course, I think you got love for your family friends that are completely different then you got romantic love that again is on a completely different level to anything else and then animal love my fave. So yeah I think there is so many translations to what love is to people but I think there isn't just one definition for it.

00:03:10 Lena: What would you say is your best or happiest memory of love?

00:03:13 Sophie: I have loads, well I think meeting my current boyfriend Adrijano. He is just the most loving person in the world, he is Italian so it's in his blood. But yeah he is the most romantic most kind he's just the best person in the world.

00:03:36 Lena: What would be your greatest fear regarding romantic love?

00:03:37 Sophie: Loosing that person, I have such a fear and Adrijano always says that he's going to die young he's like I know it and he can't say that to me cause it is my biggest fear even in family friends everything, like I witnessed my sister losing one of her best friends and I don't know to this day how she recovered from it I don't think she has but yeah loss is my biggest fear

00:04:02 Lena: Could you be happy without love?

00:04:04 Sophie: No, I mean romantic love of course, I think human nature is survival, so yes I think you could survive without romantic love if it's unhealthy or just doesn't work but family or friendships I think you can't survive without.

00:04:27 Lena: Do you think that marriage is an important part of love?

00:04:29 Sophie: Yes, like for me definitely yes. Ehm but I think like in general marriage is something I think about but it's not something that defines a relationship. You know I have aunties and uncles who have been together for 20/30 years and they are not married. They have kids but yeah I don't think it's, it lost it's.. I think as time has gone on and with social media and with access to so much people around the world I think marriage has kind of lost its sanctity and I think people don't take it as seriously as they would have 30/40 years ago I think it's more so a party isn't it than. Like people get married they sign a contract and don't have a ceremony so I think yeah I don't know. For me yeah but in general no.

00:05:33 Lena: What does being in a relationship mean to you?

00:05:58 Sophie: I guess they are your ultimate confident you can tell them everything, having somebody that you know no matter what time or what they are doing you can pick up the phone and they are going to answer they are going to be there for you. And just knowing you know ...

00:06:17 Lena: Would you say sex is an important part of a relationship?

00:06:23 Sophie: yes, I think being able to be intimate and confident with someone is a huge part of a relationship you know you learn so much about a person. I think it is a really important part of a relationship it is that kind of most intimate time you share with someone that you trust and that you know ..

00:07:04 Lena: Would you say your generation is incapable of love?

00:07:05 Sophie: In some aspects yes, I think our generation mid 20s not as much, but I know like my little brother's generation I asked him only recently why have you never brought a girl home for us to meet and always laughs and says because I want to find someone who doesn't post their arse on Instagram daily. And he says girls not necessarily in his friend group cause he has some really good friends that are girls but that generation in general monogamy isn't really a thing it's more the attention, the you know the hype of it and then the actual relationship side isn't as important anymore. So I think for us especially between the age of 24 and 30 there is still that kind of traditional sense that runs throughout but the younger generation, the younger their getting society has just turned the table on what love is and what relationships mean.

00:08:12 Lena: Do you think there is something like love of your life or love at first sight?

00:08:16 Sophie: I think so yes, I was in love with Adrijano the minute I met him. And I remember I am so weird I remember our first date and like obviously I had seen him before briefly but I remember arriving on the date and my taxi driver has been telling me a tinder terrifying story about a girl who had gone on a date and whatever had happened she found out that he was a bloody murderer and that was the first conversation I had with Adrijano and I think he knows I am a weirdo now but I think that the fact that he went on a second date after me telling that story is quite shocking but yeah the minute that I met him especially like an hour into the date we just clicked immediately and I have been in love with him ever since.

00:09:07 Lena: Would you see yourself married in the future?

00:09:12 Sophie: Yes, we actually talk about it, like it's not something that's why I think the generations are so different. Adrijano is 27 and I am 25 and we talk about it not all the time but when it comes up in conversation it's not like a uh yeah right, it's more like yeah that is gonna be the route we are probably gonna take and he already knows where and how he's gonna propose to me and all the stuff, but it's not something we want now, cause we both are so young. I think people get married a lot older know which is something I am happy with because I think you know for me my priorities at 25 are having a great career and having a stable foundation before even thinking about marriage.

00:09:57 Lena: Do you think love has changed over the last few years?

00:09:59 Sophie: Yeah I think.. different generations react to love and I don't think the definition of love has changed in any way but I think the way people act in love has changed. And I think that's a huge result of what we have access these days. We have access to so much travel, careers, take people to different countries. You know again social media is just again the most scariest thing honestly but I think the actual definition of love hasn't changed.

INTERVIEW SAM BURKE 03/05/2019

RADIO STUDIO GRIFFITH COLLEGE

00:00:19 Lena: So how would you define love?

00:00:20 Sam: me personally how I would define love is like the most powerful amount of trust that you could ever get between two people, and that could go between either say romantic love, love of friendship like that kind of thing, that's me personally.

00:00:37 Lena: Ok, what would be your first memory of love?

00:00:39 Sam: Ehm, my first memory of love I would say would go lot back to my mum. My mum and I had a really quite tight relationship. Ehm, yeah there is a lot of like familiar stuff that goes along with that, like even from a very early age, my dad would go away for work a lot so it was just myself and her. So through that like being two or three we build up a very strong relationship with each other.

00:01:11 Lena: Ok, so that is just more or less the connection between you and your mum or is there a specific moment you said that was the first time I felt love?

00:01:14 Sam: It's more so the connection it's the combination of say, you know, the last 20 years of everything. It's now the point you know we talk literally about everything and anything, we both feel very comfortable talking about everything we are upset about or annoyed about. It's that trust.

00:01:36 Lena: Have you ever been in love?

00:01:37 Sam: I thought I was when I was in secondary school, but with the benefit of hindsight not yet. I feel like when you feel it you'll know. Like it will feel right. But I do think of what I felt like before was a lot of infatuation but like that strong kind of feeling of yes I implicitly trust this other person so much, in terms of let's say ehm friendship kind of love I would say that is different from romantic, and romantic thing is more of what I am talking about. That kind of love not yet.

00:02:26 Lena: What do you think how would it feel like?

00:02:27 Sam: I don't really know, I think that there probably comes a point where after say talking to somebody for a little while, like a couple of conversations in you would know and you would sort of like a wave comes over you and we would really get each other kind of thing. I feel like I can talk about the things that really interest me and listen to

the things that really reveal the person and you know not feel uncomfortable about it or like feel like that was an awkward dip in the conversation. That kind of thing.

00:03:08 Lena: And how would you say did you learn to love?

00:03:12 Sam: from my parents definitely. My parents and my friends. Ehm, I have like a lot of great friendships that I have made here, made my own sort of feelings of trust towards other people, that go a really long way. We can go back to my family again and like what I was saying about my mum and also my dad. Yeah like those two, my parents and my friends are the main kind of sources of love in my life.

00:03:45 Lena: Any other influence on how you experience love?

00:03:50 Sam: Love in the sense of .. mhmm I don't know if you consider love of doing work of something. But like if we are gonna go down that route I genuinely do love to like be working in my own craft every day you know. I live in a small town that's like an hour and a half away from the city centre so I drive, then I get a train then I get the LUAS and then I walk to be down here, but this never really feels like at short to me because I genuinely love the craft of what it is that we do in this course pretty much every single day. It's fun for me to come in and to be like yeah let's make stuff. If I didn't have that deep love for what I was doing then I wasn't completely passionate about it and was really wanting like let's say spending the next 40- 50 years doing this everyday then I think I wouldn't be able to do it.

00:04:55 Lena: What would you say are the most important components when it comes to romantic love relationships?

00:05:01 Sam: I would say trust and communication. You need to be able to if there is something really badly on your mind you need to be able to trust the other person enough to be able to be honest with them and say what's bugging you? Some people come out of that ok some don't but you like you need to like say have that report with a person.

00:05:25 Lena: and why is trust the most important one?

00:05:27 Sam: if you can't trust the person you know you want to wake up next to for probably the rest of your life like, that kind of limits your choices a little bit there.

00:05:40 Lena: Do you think there are different types of love?

00:05:43 Sam: Not really know like I know that say when I come home and I see my parents I am like I know that I feel love for my family and when I see my dogs I feel love for my dogs as well, but I don't really. I never really made a distinction between those different types of love. For me it just more or less feels the same. It's like 'I enjoy being in you company kind of thing'.

00:06:13 Lena: And what would be your best or happiest memory of love?

00:06:15 Sam: Oh god, I would say as of most recently a lot of my fondest memories right now are like being with my friends and just say like days where we hunker into one of our friend's houses and get all bunch of games and stuff and spend like six or seven hours just like making jokes at each other and laughing. That's the main kind of draw for right now that is getting to me.

00:06:51 Lena: What would be your greatest fear regarding romantic love?

00:06:55 Sam: I would say letting the person down. I would feel there would be a lot of pressure is the wrong word. Ehm, I have to think about this for a second, sorry. I would feel like that if I disappointed them in some way that it would feel worse to me because I don't genuinely like letting anybody down anyway, and I would think it would feel like it would hit ten times harder if it was someone who you were deeply in love with and you wanted to be with.

00:07:46 Lena: What would be your hopes for the future, regarding romantic love?

00:07:48 Sam: being with somebody would be quite nice, for right now I just take it as it comes. I go one day at a time. Whatever happens in the future happens.

00:08:05 Lena: Do you think you could be happy without love?

00:08:07 Sam: No, like cause what we were saying about that there are different kinds of love I feel like if you completely emotionally cut yourself off from everybody else, what else is there? Like yeah you could work every day but if you go in there and like have nothing to talk about to anybody and you come home and the house is quiet. There is a really bad movie that I say but it's like one line that I really liked from it. Which is like 'nothing prepares you for the silence of an empty house' and I recently had the, I had to do the adult thing, a couple of month ago I had my own house for like a week and a half, while my folks were away. Waking up myself every morning, driving to school and coming back cooking dinner. It was fine for a little while but it gets to you after a bit. If you are

alone for that long and you don't have people to communicate with and talk to and share your worries to on a daily basis, you go mad. So I definitely don't think anybody could live without love.

00:09:25 Lena: Do you think marriage is an important part of love?

00:09:28 Sam: Not really, because you can live together and like you know if you really love somebody you don't have to get married. I use my own folks as an example they were together for like 10 years before they got married, and they really only got married because it was like, you know the rest of our friends are all doing it seems kind of right, do you wanna? Yeah we might as well. There was no real formality but like yeah do you wanna oke why not. So yeah people can get married but I have nothing against it but I don't think it's the be all end all for a romantic love relationship.

00:10:10 Lena: What does being in a relationship mean to you?

00:10:12 Sam: I am not really sure how to answer that question because I haven't had been in one, so I can't described the feeling if I haven't felt it yet.

00:10:34 Lena: Would you say sex is an important part of a relationship?

00:10:35 Sam: I would say so, yeah you learn a lot about compatibility when you are with someone like that. It's one of the most intimate things that a couple could possibly do and if you kind of get a good feeling about a person from that it would only make the feeling of being with them a bit more right. I think so.

00:11:01 Lena: Would you say your generation is incapable of love?

00:11:01 Sam: No not at all. No no no no. I mean like yes we have access to dating apps, Tinder, Bumble and what not. I catch myself on that a lot and I feel kind of annoyed while I am on it. I could be out doing something else and I am just here swiping and whatever but saying that you know people are incapable of love just because they have that easy access to thing, that is very close minded. That takes away the account that we have things like skype, I talk to people on Skype who are in California or in England or Australia, and those are like friendships that I kind of built up over the last couple of years and when you see those people in person it's like a huge combination of I have only ever talked to you from behind a screen for like the past 2-3 years and now this is actually happening and that's one of the best feeling in the world, that's great I love that. The same thing is also then true for romantic relationships you may have access to all those kind of things but I

don't think that they necessarily means that an entire generations becomes boiled down to I'll meet you for five seconds and then I'll leave. I think that's pretty unrealistic.

00:12:25 Lena: Would you say there is something like the love of your life or love at first sight?

00:12:28 Sam: I think that you could see somebody at first and be like who's that, but after you talk to them after a little bit you might realize like there are kind of boring or a little bit of a dick. There could definitely become say drawn to a person by looking at them but you can't immediately like you know the Romeo and Juliet kind of thing they see each other and immediately they know I don't think that's pretty realistic.

I think that like say yeah probably yeah, like if you spend enough time with a person over for like say you know if you are in a like very long relationship say 10-15 years, you know I mean I do think something must be there that makes the whole kind of thing work. You may hate it have arguments with each other on a daily basis but that's a part of it you know. You love each other and then sometimes you wanna kill each other. There is a comedian that I love he's Russell Harrold he loves to talk about his own girlfriend and his relationship and he had a great line which was like you know 'we have all had that one feeling that one person that you love so much you wanna stab them'(laughs)

00:13:51 Lena: So you think it's more like a process rather than something that happens in the first two month of the relationship?

00:13:57 Sam: yeah definitely you need to build up that repour with a person, for however long you are with each other if you like do go through all the emotions of a relationship and you do decide yes I do want to spend the rest of my life with you I feel like that's definitely a means of defining love of your life.

00:14:21 Lena: Would you see yourself married in the future?

00:14:22 Sam: Ehm, I don't think so. I have never really always kind of said you know that I don't have any intentions to get married. But maybe one day I might meet somebody who drastically changes my mind. For now I just take things as they come, if it happens it happens if it doesn't it doesn't.

00:14:49 Lena: And last question, do you think love has changed over the last couple of years?

00:14:51 Sam: I don't think it has no cause I feel like, emotion is emotion if you see someone ehm a person who is into like a relationship with someone in the 21st century who says I love is probably no different to someone being in a very intimate relationship and saying I love you to when they were in the Renaissance. You know I mean love is love I think.

INTERVIEW JULIUS KLÖPPING 03/05/2019

RADIO STUDIO GRIFFITH COLLEGE

00:00:27 Lena: So how would you define love?

00:00:29 Julius: I would define love as the ability to trust someone with everything you have and to share your life with this one person.

00:01:00 Lena: Have you ever been in love?

00:01:01 Julius: Yes I have been in love, how does it feel, well it starts out like there is always this pink goggle phase when you have a crush on someone. You can develop that into love, and at that stage it's crazy. You cannot stop thinking about this one person and you have all these imaginations with your life with this one person. And that is usually a pretty good hint that you are falling in love with someone, but when you are actually in love with someone it's one of the best feelings in the world. Cause you have this one person who is just there for you and you can be there for that person but that also makes you feel like you have a purpose.

00:02:54 Lena: How would you say have you learned to love?

00:02:56 Julius: I think being able to love is a very human instinct and there is different kinds of love. So like I learned from my parents and family. There kind of love, when I look at my parents and the sacrifices they made for me and my brother even if it's just small things like my mother getting up early in the morning to make lunch for us, like it may seem small who wants to get up an hour early to make some fucking sandwiches like.

00:03:47 Lena: What do you think are the most important factors in romantic relationships?

00:03:48 Julius: Most important is that you are attracted to that person, cause if you are not there is no base for the whole thing. Ideally both I think the physical way is what attracts you at first and the emotional way is what keeps you there, you need both, but I think if you don't like the person physically it's also very hard to be with someone. And if you don't like their character the thing is over, like why would you stay in that relationship. And after being attracted you also have to be able to trust that person with everything in your life, talk to that person and have a conversation and laugh with each other. Have a good time. Otherwise the whole relationship sounds just awful.

00:05:12 Lena: Would you say that there are different types of love, or that there is just one?

00:05:19 Julius: There are definitely different ones, there is the type of sexual love, you can have for your partners and then there is the pragmatic way of love, like love for your family or pets. Which is the purer to me because it's not sexual and in that kind of love you just want the best for that person and this person should be protected. Which you also do in a romantic relationship but then you also want to fuck that person.

00:06:10 Lena: Do you think you can love more people at the same time?

00:06:12 Julius: I think some people can, I don't think I could, for me it's just important with this one person and to concentrate on this one person in my life but it seems to me that some people have to love more people at the same time and that makes them happier. If that what makes them happy so be it.

00:06:53 Lena: What is your best or happiest memory of love?

00:06:55 Julius: One of the happiest memories of a being loving me is coming home and seeing my cats waiting there in front of the door to come home after a long day or how excited my dog gets when I come home and his tail is wiggling and jumping up on me and wants to give me kisses. Which is obviously a very non sexual way of love but just very pure and makes me very happy.

00:07:34 Lena: What is your greatest fear regarding romantic love?

00:07:36 Julius: My greatest fear is trusting someone and thinking I have this one person in my life and then it turns out it wasn't the same for them and it doesn't actually mean much to them and basically feeling betrayed like that that terrifies me.

00:08:14 Lena: Do you think you could be happy without love?

00:08:16 Julius: I think I could be very happy without love, there are many things in my life that make me happy. But I do think that love just adds another layer to my happiness and I think it helps in my life as well, so yes I could but I think it helps.

00:08:43 Lena: Do you think marriage is an important part of love?

00:08:45 Julius: I don't think marriage is an important part of love. I like the idea of marriage and I like to be married but if you know where marriage came from and that's not necessarily related to love that much I don't think it validates love but I do like the new idea of marriage where it symbolizes love.

00:09:31 Lena: What does being in a relationship mean to you?

00:09:32 Julius: being in a relationship means to you having someone in my life that I can share everything with, that I can trust with everything and both of each other just pushing each other to be the best version and constantly improving ourselves.

00:10:18 Lena: Would you say sex is an important part of love?

00:10:19 Julius: Yes and no, I think you can be in love without sex and it's not necessarily necessary to have sex but I do think it helps and it deepens the love because it's called making love and when you do it you are truly one with this one person and you are so close and that improves the love and it helps.

00:11:04 Lena: Would you say your generation is incapable of love?

00:11:05 Julius: No I would not, I think we are capable of love and I think it's a different version than previous generations had before us and our love is different but.. I think at its core love is still the same but as we express it and the way we deal with love has changed over time. I think today we have a lot of different factors our parents and previous generations didn't have. Like social media and texting and that maybe puts more pressure on us and maybe it's not as easy anymore. Like if you do not talk to this one person there is a million people on their phone who probably will talk to that one person so it's constant pressure on you to stay in contact as well which changes it.

00:12:36 Lena: Only in contact on phone or also in real life?

00:12:38 Julius: Ideally it should be in real life anyways but then the moments when you are not together it used to be like you just don't really have contact then because there is no way, expect maybe call them on the telephone and who the fuck does that and but now we are constantly connected, so there is this pressure that you have to keep in contact all the time when you are not together as well. It's also an advantage it's really nice to talk to them over the phone as well and text but I think there is sometimes a thing where it does more harm than good because it's easier to misunderstand someone's text than when they talk to you, cause you don't have the whole aspect of body language. So it makes it more complicated it's not necessarily an advantage or disadvantage just a new aspect of it.

00:13:50 Lena: Do you think there is a so called love of your life or love at first sight?

00:13:52 Julius: I do think there is love at first sight and I think almost everybody has felt love at first sight at some point in their life, maybe it's just a crush on somebody but I think that's also sort of something of love. I do not think there is a love of my life because I simply think that we are more than that as humans. There is not just that one person that fits to me I think there is like some loves feel stronger than others but there is more than one person for you out there like you are not just made for one person. It's not like we are puzzles who only fit into one other piece I think humans are more than that.

00:14:15 Lena: Could you be in a relationship without sex?

00:14:20 Julius: I could be in a relationship without sex but I am not sure how far that will go, cause I don't need it. Sex is not necessary all the time for a relationship but I think it's just an important aspect as well but I think that's very much depends on that individual person. I think for me it's important as well.

00:15:31 Lena: What would be your favourite thing about love?

00:15:32 Julius: My favourite thing about love is when you are in love with someone and you unexpectedly get this little message from them on your phone which, doesn't necessarily has to say anything but just seeing their name on the phone, this little joy, this little spark of joy is just very nice. Otherwise the best part of love is actually having this other person you can share your life with and wanting to be the best version of yourself for this one person.

1. How would you define love?

It's hard to explain. Love is that feeling which beats any other I think, it feels like you would do absolutely for someone without a second thought, it gives you butterflies in the pit of your belly, it's exciting.

2. What is your first memory of love?

I remember when I was about eight, I was in hospital for a while and there was a guy my age called Keith in the bed across from me. He would always smile and wave at me and I remember feeling so shy. One day our Mum's went downstairs for coffee and Keith ran across to me and gave me a picture he coloured in for me and kissed me on the cheek and ran back. It was so innocent, but I just remember thinking "Oh my god prince charming" haha. At that time, I was pretty sure I was in love.

3. Have you ever been in love?

To be honest, I don't think I have. I have been in situations where I tried to convince myself I was and questioned whether it was true love or not. Like hindsight is a beauty in that sense, because looking back I loved the person but I wasn't in love, I think it took me a while to make that distinction, the fact that I loved the person, I felt like I suppose to be in love with them, but love is not something that requires that much thinking and I certainly did too much of that.

4. How do you know you are in love?

I think it's just one of those things that when you know you know, I have ideas in my head as to what it's like, but I think that it catches you off guard, if you went out looking for it you wouldn't find it, but when you're not looking it might just appear.

5. How does it feel to be in love?

Based on my ideas of love, I think it feels warm, you feel complete maybe, you feel excited to be that person's company, you'd do literally anything for them. I know I sound crazy, but if I'm honest I actually think love can surface some jealousy in people too, like I'm not talking about the really intense "you're not allowed outside the door without me" type of jealousy, I mean more if someone is showing me attention for example and my partner showed a little jealousy it would make me feel validated or worth fighting for.

6. How did you learn to love?

I think you learn to love from the people and things you are surrounded by, especially at a young age. I think family is one of the first things that enables you to learn how love.

7. Who would you say has influenced how you experience love? (parents, friends, society..).

I would say family for sure of course my parents and siblings, but in particular my Grandmother, she was the kindest, most generous amazing woman ever, I loved and admired her to the moon and back, so I think she definitely influenced my experience of love. However now a days I think that society can very easily influence you and not for the right reasons.

8. What is/are the most important components of a romantic love relationship?

Trust, understanding, intimacy, bond, giving and receiving.

9. Do you think there are different types of love?

I definitely think there is different types of love. I think when the word love is mentioned, the majority of people automatically think of romantic love (me included), but there are so many other types for sure. The way you love your best friend is different to how you love your family which is different to how you love your partner.

10. What is your best/happiest memory of love?

I don't think that I have one specific memory of love that really stands out for me if I'm honest.

11. What is your greatest fear regarding romantic love?

Getting hurt is my biggest fear.

12. What are your hopes for the future regarding romantic love?

I would love to meet someone and just know I am in love and just get that fuzzy feeling inside, it would be amazing.

13. Could you be happy without love?

I don't think I would be fully happy without love, it's something that's very important to me.

14. Do you think marriage is an important part of love?

I don't think it determines how much you love someone, but I think it's a really nice thing just to make it official and a nice way to celebrate your love with family and friends.

15. What does being In a relationship means to you?

For me it means loving someone and knowing they feel the same about you. It's being willing to share with the person and always being there for them. It's about trusting them and knowing they trust you.

16. Is sex an important part of love?

It is for me. Sex is an intimate thing and a big part of a romantic relationship. Call me old-fashioned but the first time I had sex, I knew I wanted to do it with someone I loved, even though I don't think I was necessarily in love, I still knew I wanted to do it with that person and not just do it with anyone for the sake of it. I questioned myself a lot at the time because most of my friends were just doing it to say they did it, but it meant more to me for some reason and I stuck to my guns. I think you can love someone's personality, but if you are not sexually attracted to someone, that's not right either.

17. Would you say your generation is incapable of love?

I don't think our generation is fully incapable of love, but I definitely think that it has changed drastically and not for the better.

18. Do you think there is a "love of your life" or "love at first sight"?

I would really really like to think there is such thing, like it's an exciting thought, but I question how realistic the thought is. I think that just because you don't fall in love with someone at first glance doesn't mean you cannot fall in love with them after time.

19. Could you be in a relationship with someone who doesn't want sex?

Personally, I don't think I could be with someone who doesn't want sex, for me it's an important part of a relationship and its some of the most intimate experiences you share.

20. Would you see yourself married in the future?

Yes I would love to get married in the future, it's something I think about quite a bit, but anyone I have been with in the past I could never see myself marrying them, even when I was with them, so I'm not sure if that's something that comes after time or its one of them "when you know you know" moments.

21. What is your favourite thing about love?

Just loving someone so much and knowing they feel the exact same about you.

22. Do you think love has changed over the years?

I think love has definitely changed over the years, I don't think romance is present as much as it was before, and I also think that commitment isn't what it was before either. Within my Grandmother's generation there was next to no such thing as divorce and nowadays it's something that is so common. I think the younger generation coming up are facing even more change as society and the internet especially is shaping their opinions. I also think that the words "I love you" is overused now a days and it has somewhat lost its meaning cause its used so casually.

1. How would you define love?

Love to me is an incredible connection! Loyalty, commitment and passion.

2. What is your first memory of love?

I was blessed to grow up with a huge amount of love around me. My parents were always very open about love and would never go to sleep without saying it to me so as cheesy as it sounds love was around for as long as I can remember.

3. Have you ever been in love?

Yes and I still am with my current boyfriend Martijn.

4. How do you know you are in love

To me it is when you establish a mutual connection with someone where there is affection and a clear bond.

5. How does it feel to be in love?

Oh that's is hard to say but I think the first word that popped up in my head was magical.

6. How did you learn to love?

Like I said it was something I was kind of just brought up with but I do think it's easier to love someone else romantically when you are more sure of yourself.

7. Who would you say has influenced how you experience love? (parents, friends, society..)

My parents and family in general.

8. What is/are the most important components of a romantic love relationship?

Trust, honesty, passion, fun and respect.

9. Do you think there are different types of love?

Yes I do.

10. What is your best/happiest memory of love?

Many do come to mind but one that really sticks out is when my boyfriend asked me out on Christmas Eve.

11. What is your greatest fear regarding romantic love?

I don't have any?

12. What are your hopes for the future regarding romantic love?

I hope people continue to put in mutual effort when they believe it is worth fighting for. Relationships are not always smooth sailing so effort has to be both ways.

13. Could you be happy without love?

I don't think I could as love comes from so many different people in my life.

14. Do you think marriage is an important part of love?

I don't believe it is essential for everyone but to me it is important.

15. What does being In a relationship means to you?

It means a lot to me but only mainly due to the fact you share a rare bond with someone who shares a mutual love and respect with you.

16. Is sex an important part of love?

Yes!

17. Would you say your generation is incapable of love?

No I wouldn't agree with that at all!

18. Do you think there is a "love of your life" or "love at first sight"?

Yes I actually do.

19. Could you be in a relationship with someone who doesn't want sex?

No I couldn't.

20. Would you see yourself married in the future?

Yes I do.

21. What is your favourite thing about love?

No matter if it comes from a partner or family member/friend I love the feeling of having a companion who has respect for you and a mutual bond/something unique.

22. Do you think love has changed over the years?

I don't believe love in the sense of the word has changed but I do believe people have a tendency to give up too easily in recent years.

1. How would you define love?

How would I define love.. well I think it's really hard when you think about it. Like it's nothing I could come up with on the spot, but I'd say love can be so many things.

2. What is your first memory of love?

My first memory of love was probably with my cousin. We are very close, more like siblings than actual cousins. I just remember always being so happy when I was about to see him and time went by so fast when we spent time together, I think it's my first memory of love, maybe not in a romantic way but I think he was the first person I felt a personal bond with.

3. Have you ever been in love?

I think I have yes, although I realized it quite late that it was love.

4. How do you know you are in love

I think it's something that comes with time. Maybe I haven't felt that love at first sight kind of moment, for me it was always something I realized after a while and not at the beginning.

5. How does it feel to be in love?

Nice I'd say .. and safe.

6. How did you learn to love?

Through my family definitely. We are a very big and chaotic family and everyone is so different but I love them all individually. And I know they love me.. I think that's the best feeling knowing that you are loved as well.

7. Who would you say has influenced how you experience love? (parents, friends, society..)

Parents and friends mostly.

8. What is/are the most important components of a romantic love relationship?

Trust. For me that's the most important thing. Without trust there is no chance I can be in any kind of relationship.

9. Do you think there are different types of love?

Oh 100%. There are unlimited types of love, like I have different ones for each of my friends, I love my sister differently than I love my mum and so on. I think there are no two alike.

10. What is your best/happiest memory of love?

So many happy memories. But I think one of the best was when my oldest cousin got pregnant and my granddad become a great- granddad for the first time. The joy and love on his face when he first saw the baby it just left me speechless.

11. What is your greatest fear regarding romantic love?

I think being hurt by the person you trust most. I think being cheated on would break my heart and it would be really hard to recover from it. But also losing someone I love. Like a friend or a family member.

12. What are your hopes for the future regarding romantic love?

Well obviously finding the one haha.. I am a hopeless romantic and think there is someone out there waiting for me!

13. Could you be happy without love?

Depends, romantic love maybe yes although it would be very tough, especially when growing older. Family and friends kind of love not a chance!

14. Do you think marriage is an important part of love?

I don't think it is. It's just a piece of paper, I think everyone has to decide for themselves whether they want to get married or not, it's not my right to judge and I think society shouldn't put that much pressure on people. You don't need to be married to be happy. Everyone should do what they like.

15. What does being in a relationship mean to you?

Having someone that helps you get through life.

16. Is sex an important part of love?

Yes, definitely I'd say. Like not in a way of that there needs to be sex every day, but it's another way of connecting with your partner, a very intimate one like you connect on a different level. And I think you also get to know each other better. But yes definitely very important but not the most important.

17. Would you say your generation is incapable of love?

Haha you are asking a hopelessly romantic, so NO definitely not! I think we still want a partner for life, just maybe at a later stage or we want to see what's out there first before we settle for the boy next door, so later we don't look back and think what if I made the wrong decision.

18. Do you think there is a "love of your life" or "love at first sight"?

Yes I think so, but I don't think there is just one love of your life. It would be very tough to find it if there is only one, I mean we live on a planet with 7 billion people.
Love at first sight.. mhmm yeah maybe not too sure about that tho.

19. Could you be in a relationship with someone who doesn't want sex?

No I don't think I could.

20. Would you see yourself married in the future?

As for now I would say yes, but it's not a priority.

21. What is your favourite thing about love?

There isn't just one. It's all of it at once. Love can make you do things you thought you are never gonna be capable of. It can help you overcome your worst fears, pain literally anything.

22. Do you think love has changed over the years?

I don't necessarily think love has changed but society. All society teaches us is how we prevent stuff from happening, not how to make things work. We learn how not to get pregnant, how not to fall for the wrong person, how not to get distracted when it comes to achieving your personal goals. When at the same time we should be teaching people how to fall in love with someone and make it work, how to guide them and how to appreciate their values and beliefs. And what I think what we should learn most importantly is to how we can be loved by someone else. That's the most important thing, maybe 'the talk' you have with your parents should be more about things like that and more than just about the birds and the bees.

1. How would you define love?

I would say love is in a way a connection with somebody else. Depending on what type of relationship of course the meaning of the word love changes. But it's a very tough question to be honest, I never thought much about a definition. It's just something that I thought was always clear to me, but when you need to think about it it's impossible to write down.

2. What is your first memory of love?

I guess that was when my baby sister was born, I was five years at a time so my memory is a bit blurry, but I remember all the joy and laughter and happiness that was all around me. You could really feel that the room was filled with love.

3. Have you ever been in love?

Yes and no. I think I was in love but I don't think that this romantic love I felt was true. Like pure love. I mean I was 17 at the time and I was head over heels in love with this girl. Like she drove me absolutely mad! Looking back now ten years later I wouldn't say it was love. It was more like a crush or excitement about the idea of being in love, rather than what I would now define as pure romantic love.

4. How do you know you are in love

As I said so far I wouldn't say I actually felt that deep and true love I assume you build up with a partner over time. But of course I had crushes on girls and women in the past. And I felt heartbroken every now and then. So I guess there is this stereotypical feeling you have in your tummy. The excitement, the nerves, you are counting the days until you see that

person and you are so worried that you may act like a complete fool, but the second you are with that person everything just feels so natural and normal, and you forget about all the rest. And also time goes by waaaay to quick!

5. How does it feel to be in love?

Absolutely amazing. I would say one of the best feelings ever. I think it needs to be like that, otherwise we wouldn't survive the heartbreaks and the pain if there wasn't the knowledge inside us or the reward of knowing once I fall in love again it will be worth the pain and suffering.

6. How did you learn to love?

Through my parents, and my little sister. They thought me so much. Although we had some rough times like everybody else I suppose, they never stopped caring for each other and for us.

7. Who would you say has influenced how you experience love? (parents, friends, society..)

Well as I said my parents, but also previous partners. I had a few relationships over the last 10 years - I am not the single type of guy- so I always need someone around. But I think it is always different, like there are no two relationships who are alike, and with each one I learned what to do better or where to take a step back. In a sense all my ex-girlfriends may the relationships ended good or bad, they helped me grow and become the person I am now.

8. What is/are the most important components of a romantic love relationship?

That you can have fun together. I am a funny guy. I love messing around and if she can't deal with that or is always too serious that would be a problem for me. I mean sure there are situations where you have to be serious, but is she really my partner if I can't have proper belly laughs with her? And of course trust. I need to be able to trust her 100% and vice versa.

And I also would say that you need to be able to be yourself, with all your flaws and everything. You can't build a sustainable relationship on a base of not being yourself.

9. Do you think there are different types of love?

Sure. Loads of different types and it's important that there are many forms. Otherwise how would we survive a breakup if we don't have our mother's shoulder to cry on or our friends support in getting us back in the game. And also the love I have for my two dogs. I think nobody who ones a pet can describe the love you feel towards them.

10. What is your best/happiest memory of love?

Oh I have many. If I was to start this now you and me would be talking for a long long time. I think there is no number one that comes to my mind specifically. But thinking of how I met my current girlfriend probably is very high up the list. She makes me very happy.

11. What is your greatest fear regarding romantic love?

Not being able to love anymore. Simple as. I am not afraid of getting hurt, cause I think we all need to get hurt at some stage to appreciate love. Like you need to feel the cold to know what's hot and so on. Everybody thinks that hate is the opposite of love but is actually not, at lest I think it's not. It's indifference. Not being able to feel anything, that's how I picture hell.

12. What are your hopes for the future regarding romantic love?

Being in a sustainable and happy relationship with the woman I love dearly.

13. Could you be happy without love?

No!

14. Do you think marriage is an important part of love?

For me personally yes very much so. Not in a way that I need to get married in front of a priest. I don't need the blessing of religion. Side not, I am not religious at all. But I think the act of it more appealing. Promising your other half to be there for them no matter what and deciding to get through life as a team rather than on your own.. I like that idea.

15. What does being In a relationship means to you?

Committing fully to another human being. Emotionally, and also physically. Putting your partner on the same level than yourself.

16. Is sex an important part of love?

Yes I think for me at least, that's part of a relationship. An essential one, not the most important one but definitely one that can't be missed. You bond with each other and share very intimate moments, moments where you might be the most vulnerable.

17. Would you say your generation is incapable of love?

Not at all! I think we just need to figure out what we want in life, like any generation before us, and because we have more options than anyone before us, we need a bit more time to find ourselves and the direction we want to go. We are able and allowed for the first time to try out things nobody else was really allowed or able to do from a social

perspective. We are more independent which is amazing and it would be a shame if we don't use that potential to its fullest.

18. Do you think there is a "love of your life" or "love at first sight"?

For some sure, why not. I don't believe in the love of your life thing in a way that there is only one chance of love. That sounds stupid and not natural to me. Love at first sight is more like something I would associate with Disney movies. I am more of the love at second sight kind of type. Sure you can be attracted to someone by their looks. But what are the odds this is your personal soulmate? I have met so many interesting people who at first I wasn't interested at all, but after getting to know them developing feelings I thought I would never have.

19. Could you be in a relationship with someone who doesn't want sex?

That would be very difficult for me. On both an emotional and physical level.

20. Would you see yourself married in the future?

I would love to be married but only when it feels right. I don't want to force anything, when it happens it happens.

21. What is your favourite thing about love?

Love itself? Is that too cheesy? I think in general love is an amazing thing and we will never fully understand it, I hope we never do, cause the mystery to it makes it even more special. I just think it's wonderful that we humans are capable of experiencing something like love.

22. Do you think love has changed over the years?

For me to say it has changed, I would need to be able to experience it over more than just 27 years. And I would need to be able to define it first to say it has changed. But putting all that aside, yes I think it's constantly changing as people are changing. Is that a good thing? Who knows? Is it bad? I don't think so. It is what it is, there is nothing we can do about it, and that's alright.

8.6 Appendix F - Consent Form

I, _____, enter into this agreement with Lena Sperger, hereby known as the producer.

I have been informed and understand that the Producer is producing a radio documentary for academic purposes that may be aired on public and/or commercial radio and other formats.

I hereby grant the producer the right to use any of said recordings in their productions, whether recorded on or transferred to videotape, film, slides, photographs, audiotapes, print, digital/electric media or any other media in perpetuity.

This includes, without limitation, the right to edit, mix or duplicate, and to use or reuse said recordings, either alone or as part of its finished productions.

Taking part in this research is voluntary and there will be no consequences for withdrawing at any given time of the process.

If you have any further questions, please contact:

Lena Sperger, lena.sperger@gmail.com or lena.sperger@student.griffith.ie or
Colette Kinsella (practical Dissertation supervisor) colette@redharemedia.ie

This project has been approved by the Faculty of Journalism and Media Communications; Griffith College Dublin

I have read the foregoing and fully understand and consent to the terms and stipulations contained therein.

Participant Signature _____

PRINTD NAME _____

Producer Signature _____

Date _____

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