

The Relationship of Self-Disclosure to Relationship Satisfaction in Early Young Adults in Long Distance Relationships

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Abstrack

This research aims to determine the significance of the relationship between self-disclosure and relationship satisfaction in young adults who are in long distance relationships. There were 105 participants in this research using incidental or accidental sampling techniques. The data collection methods used in this research are the self-disclosure scale with the Resived Self-disclosure Scale and the relationship satisfaction scale with the Relationship Assessment Scale (RAS) compiled. The data analysis technique used is the Pearson product moment correlation technique. From the results of data analysis, it was obtained that the correlation coefficient was $r = 0.580$ and sig was 0.000 ($p < 0.05$), which means that there is a significant positive relationship between self-disclosure and relationship satisfaction in young adults who are in long distance relationships. Where the higher the self-disclosure, the higher the level of relationship satisfaction in young adults who are in long distance relationships.

Keywords: self-disclosure, relationship satisfaction, emerging adulthood : long distance relationship

Abstrak

Penelitian ini bertujuan untuk mengetahui signifikansi hubungan antara pengungkapan diri dan kepuasan hubungan pada orang dewasa muda yang menjalin hubungan jarak jauh. Partisipan dalam penelitian ini berjumlah 105 orang dengan menggunakan teknik pengambilan sampel insidental atau accidental sampling. Metode pengumpulan data yang digunakan dalam penelitian ini adalah skala pengungkapan diri dengan Resived Self-disclosure Scale dan skala kepuasan hubungan dengan Relationship Assessment Scale (RAS) yang disusun. Teknik analisis data yang digunakan adalah teknik korelasi pearson product moment. Dari hasil analisis data diperoleh koefisien korelasi sebesar $r = 0,580$ dan sig sebesar 0,000 ($p < 0,05$) yang berarti ada hubungan positif yang signifikan antara pengungkapan diri dengan kepuasan hubungan pada dewasa muda yang menjalin hubungan jarak jauh. Dimana semakin tinggi pengungkapan diri, maka semakin tinggi pula tingkat kepuasan hubungan pada dewasa muda yang menjalin hubungan jarak jauh.

Keywords: keterbukaan diri, kepuasan hubungan, dewasa muda awal : hubungan jarak jauh

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INTRODUCTION

Humans as social living creatures need other people to live their daily lives. Even when carrying out various activities and activities of daily life, most individuals spend a lot of time interacting with other individuals (Baron & Bryne, 2004). Relationships with other people are also fundamental to a person's psychological life (Baron & Bryne, 2004). In fact, humans also have a need to belong or what is called a need to belong and to be in close contact with other people by complementing each other. There are various forms of social relationships, one of which is a relationship between the opposite sex or a romantic relationship (Myers, 2012). The process of establishing and building personal relationships with the opposite sex can take place through dating relationships (Nisa & Sedjo, 2010).

The early adulthood stage is the stage where a person establishes a warm relationship with their partner and also those closest to them. So according to Papalia & Feldman (2014), individuals who are in early adulthood are at the stage of an intimate relationship or also known as dating, and from this relationship the individual will choose a partner and establish a capable relationship. know and accept the advantages and disadvantages. one another. Apart from that, Santrock (2011), revealed that someone who is building an intimate relationship with the opposite sex is included in a special developmental task during early young adulthood.

According to Hampton (in Ulfa & Adhrianti, 2019). There are 2 types of dating relationships, namely Proximal Relationship (PR) and Long Distance Relationship (LDR). Proximal relationships are called local dating, that is, couples who are in a dating relationship are in the same city location. Meanwhile, a long-distance relationship (LDR) is a long-distance dating relationship where two people in a dating relationship must be physically separated due to distance or geography so that they are limited in having physical contact within a certain period of time. There are several factors that cause LDR, and the most common factors are work placement and education factors that force couples to physically separate.

In Indonesia, the phenomenon of long-distance dating is often experienced by people who have to live far from their partners, both between islands and even between countries. Including in early adulthood, most of them have to migrate to continue their education, such as going to college or working. A survey conducted in Indonesia on 123 participants revealed that 49% of people were successful in long-distance relationships that ended in marriage, then 38% of people were unsuccessful in long-distance relationships, and those in long-distance relationships were very hesitant. as much as 5% (Eny, 2012).

In comparison, according to sample collection conducted by the LDR research center, 27% of couples break up within the first month of the relationship. This percentage increased to around 37% in the first 3 months, and 42% in the first 6 months (AmikomPurwokerto, 2021). Rahmawati and Chozanah (2021) conducted a survey of 1,000 participants and found that long-distance relationships only had a success rate of 58%. In this case, relationship satisfaction plays an important role in the success of a relationship, in line with Aylor's opinion (in Suryani & Nurwidawati, 2016) which states that relationship satisfaction in long distance relationships is quite low. So this can cause stress, poor problem solving strategies between partners, and even decreased trust in your partner (Lee-Ji-Yeon, 2012). Hendrick (1988) states that relationship satisfaction is a subjective assessment of each partner in a relationship. Satisfaction in a relationship is experienced when the goals in the relationship are achieved.



Emmons (Myers, 2000) said that if young adults are satisfied with their love life, then they will feel very happy. A person will feel satisfied in having a romantic relationship if the conditions are equal, in this case both have the advantage in the relationship (Regan, 2003). Relationship satisfaction is how satisfied an individual is in a relationship with their partner (Anderson & Emmer-Sommer, 2006). Relationship satisfaction is one component of the level of pleasure in a relationship and the belief that the relationship has many good qualities (Reis & Sprecher, 2009).

According to Stinnet et al (Chrisnatalia & Ramadhan, 2022), relationship satisfaction is a form of providing complete emotional support by a partner to someone so that they feel that what is expected from the relationship can be fulfilled well. Hendrick (Chrisnatalia & Ramadhan, 2022) states that there are 3 components of relationship satisfaction, namely the first is love, where individuals in a romantic relationship will feel love. Couples who love each other will try to fulfill their partner's needs. The second is problems, problems are a natural thing to happen and cannot be avoided, especially in romantic relationships where partners depend on each other. And the third is hope, hope here is the desire or goal that someone wants to achieve from a relationship.

One of the important keys that can help couples in a long-distance relationship is openness to each other. This is reinforced by Billeter's (2002) view, namely that one of the factors of relationship satisfaction is self-disclosure. Seamon (2003) said that individuals will find it difficult to adjust if they do not want to express themselves, thus causing individuals to feel dissatisfied with the relationship they are in. Altman and Taylor (in Gainau, 2009) state that self-disclosure is an individual's ability to provide information about themselves to other people with the aim of building close relationships or ties. Altman and Taylor argue that self-disclosure is very important in the early stages of a relationship to find common ground and connection with each other. Then, with self-disclosure, a person will have more intimacy in their relationships with other people and be better able to solve problems because the individual does not keep secrets to themselves so the burden they bear will feel lighter. (Devito, 2011 Suryani & Nurwidawati, 2016).

Self-disclosure is important, especially during early adulthood, because during this period individuals need the means to build good social relationships with other people (Hurlock, 2011). According to Devito (2011), self-disclosure is a type of communication, where this communication takes the form of disclosing information about oneself that is usually kept secret.

Based on the results of previous research conducted by Manullang (2021), there is a significant relationship between self-disclosure and marital satisfaction in couples undergoing long-distance marriages in East Kalimantan. In Harahap & Purba's (2019) research on several long-distance married couples, the results showed that the higher the self-disclosure, the higher the marital satisfaction, and conversely, the lower the self-disclosure, the lower the marital satisfaction. Then research conducted by Sari (2014) also revealed that there was a significant relationship between self-disclosure and marital satisfaction in young adult men, where the higher the level of self-disclosure, the higher the marital satisfaction of young adult men. And research conducted by Sari, Rinaldi & Ningsih (2018) proved similar results, that there is a significant relationship between self-disclosure and marital satisfaction in early young adulthood in the city of Bukittinggi.

From the previous studies mentioned, the majority of LDR couples are husband and wife, but this does not rule out the possibility that young adults who are still dating will experience LDR. From the results obtained, it was concluded that husbands and wives



who are in long-distance relationships rely more on self-disclosure from their partners in order to maintain their relationship with each other. However, according to the theory of self-disclosure in the development of a relationship, it does not always make it more intimate, it can also make the relationship become strained, depending on the reciprocity obtained in the relationship (Habibah & Sukmawati, 2021).

In this regard, researchers have conducted interviews with 7 young adults aged around 19-22 years, of which 4 of them are currently in a long-distance relationship, and 3 of them have broken up while in a long-distance relationship. Of the 7 people, 2 of them admitted that they were satisfied with the long distance relationship they were currently in and also admitted that they were open about themselves to their partner. Not only that, through this interview they also said that self-disclosure to each other was very influential in their relationship where they increasingly trusted each other. Meanwhile, 5 other people admitted that they were not satisfied with their long distance relationship but had a high level of self-disclosure towards their partner during their long distance relationship. They said that they were dissatisfied with a long distance relationship because they did not get good feedback from their partner even though they were very open with their partner. There were also those who said that they were dissatisfied because they could not physically meet their partner, and in contrast to the 2 previous people who felt satisfied, the 5 people who said they were not satisfied with their long distance relationship felt that their high self-disclosure did not guarantee that they were satisfied with the relationship, even 3 of them had to break up.

So the conclusion is that self-disclosure includes a form of open communication of personal information or facts that are usually hidden, with the aim of making the individual know each other better and their partner. In addition, if they get a positive response such as mutual reciprocity, individuals will feel more understood, acknowledged and cared for by their partner, who will ultimately respond positively and understand each other. However, things are different if the individual gets a negative response or is less interested in their partner, then usually the individual will close themselves off and cause a lack of understanding towards each other.

From the phenomena that have been explained, and also from the results of previous research and the results of interviews that have been conducted, there are different results. And also previous research topics only examined the relationship between self-disclosure and marital satisfaction. So researchers are interested in reviewing the correlation between self-disclosure and relationship satisfaction, but focus more on satisfaction with long-distance dating.

So what is new about this study is that the researchers focused on self-disclosure and relationship satisfaction in early young adults aged 18-25 years who were in long-distance relationships while still dating, because most previous studies only examined married subjects.

METHOD

In this research, quantitative research methods were used. Meanwhile, for the type of research, we used correlational research because the researcher wanted to find out the relationship between self-disclosure and relationship satisfaction.

The population in this study were young adults with ages ranging from 18-25 years who were in a long distance relationship for at least 5 months. The sample in this study was 105 people with a sampling technique using a non-probability sampling technique with the type of sampling technique namely Accidental Sampling because sampling was



based on anyone who met the researcher accidentally and in accordance with predetermined characteristics. In this research, researchers will provide a questionnaire via Google Form which will be distributed to various social media.

The self-disclosure measuring tool used in this research is the Revised Self-disclosure Scale from Wheelers and Grotz, with a Cronbach's alpha of 0.902. Meanwhile, the measuring tool used to measure relationship satisfaction in this research is the Relationship Assessment Scale (RAS) compiled by Hendrick with a Cronbach's alpha result of 0.846. Where in this research measurement uses 4 answer choices with a Likert scale model.

RESULT AND DISCUSSION

Based on research conducted on 105 people in long distance relationships, the data results were normal, linear, and there was a positive relationship between self-disclosure and relationship satisfaction. The following are the results of the analysis of the data obtained.

Table 1.
 Descriptive Statistics Results Self-Disclosure dan Relationship Satisfaction

	N	Min.	Max.	Mean	Std. Deviation
<i>Self-disclosure</i>	105	37	84	64,03	9,537
Relationship	105	6	24	17,83	3,904

Based on empirical data, from table 1 it can be seen that the mean of variable X is 64.03 (SD = 9.537), and the mean of variable Y is 17.38 (SD = 3.904). Next, the minimum score for variable X = 37 and the maximum score for variable X = 84 are obtained, and the minimum score for variable Y = 6 and the maximum score for variable Y = 24.

Table 2.
 Categorization of Self-Disclosure

Kategori	Interval	N	Persentase	Mean	Standar Deviasi
Tall	$68 \leq x$	36	34,3%	60,5	7,83
Currently	$52 \leq x < 68$	59	56,2%		
Low	$X < 52$	10	9,5%		
Total		105	100 %		

Based on table 2, as many as 59 participants with a percentage of 56.2% had a level of self-disclosure in the medium category, as many as 36 participants with a percentage of 34.3% had a level of self-disclosure in the high category, and as many as 10 participants with a percentage of 9.5% has a level of self-disclosure in the low category. And if we look at the mean value of 60.5, it can be said that the average self-disclosure in early young adults who are in long distance relationships is in the medium category with a standard deviation of 7.83.



Table 3.
 Categorization Relationship Satisfaction

Kategori	Interval	N	Persentase	Mean	Standar Deviasi
Tall	$18 \leq x$	60	57,1%	15	3
Currently	$12 \leq x < 18$	38	36,2%		
Low	$X < 12$	7	6,7%		
Total			105	100 %	

Based on table 3, as many as 60 participants with a percentage of 57.1% had a level of relationship satisfaction in the high category, as many as 38 participants with a percentage of 34.3% had a level of relationship satisfaction in the medium category, and as many as 7 participants with a percentage of 6.7% had the level of relationship satisfaction is in the low category. And if we look at the mean value of 15, it can be said that the average relationship satisfaction among young adults undergoing long distance relationships is in the medium category with a standard deviation of 3.

Table 4.
 Normality Test Results

	KS-Z	Sig.	Description
Self-disclosure	0,879	0,422	Normal
Relationship Satisfaction	0,965	0,310	Normal

Based on table 4, it can be seen that the self-disclosure variable shows KS-Z 0.879 with a sig value = 0.422. Meanwhile, the relationship satisfaction variable shows KS-Z 0.965 with a sig value = 0.310 so it can be concluded that both variables have a normal distribution.

Table 5.
 Linearity Test Results

	Sum of Squares	df	Mean Square	F	Sig.	Description
Deviation from Linearity	295,895	36	8,219	0,728	0,849	Linear

Based on table 5, the results of F difference = 0.728 and a significance value of 0.849 ($p > 0.05$), it can be concluded that the self-disclosure variable and the relationship satisfaction variable have a linear relationship.

Tabel 6.
 Correlation Test

Variable	r xy	Sig.	Description
<i>Self-disclosure-Relationship Satisfaction</i>	0,580	0,000	$p < 0,05 \rightarrow$ signifikan



The results of the correlation test carried out show a value of $r = 0.580$ and a sig of 0.000 ($p < 0.05$), which means there is a significant positive relationship between self-disclosure and relationship satisfaction in young adults who are in long distance relationships. Where the higher the self-disclosure, the higher the level of relationship satisfaction in young adults who are in long distance relationships. Based on these results, it proves that the hypothesis which states that there is a positive relationship between self-disclosure and relationship satisfaction in young adults who are in long distance relationships is accepted. These results are in line with research conducted by Manullang (2021) showing that there is a positive and significant relationship between self-disclosure and marital satisfaction in long-distance married couples in East Kalimantan. Not only that, Harahap & Purba, (2019) revealed that it had been observed in a number of long-distance married couples that there was a positive correlation between self-disclosure and marital satisfaction, where the higher the self-disclosure, the higher the marital satisfaction.

In the descriptive statistical test, it can be seen that the self-disclosure scale in early young adults who are in a long distance relationship is on average in the medium category with a mean value of 60.5. Based on the results of this research, most young adults who are in long distance relationships already have quite good self-disclosure even though they are not included in the high category because they are also in relationships at a distance from their partner so there are limitations such as the lack of physical presence of their partner which makes the frequency of communication verbally is also rarely done.

Even though you are in a long distance relationship with your partner, it is very necessary to remain open and honest with your partner in order to overcome all the challenges that arise as a result of having a long distance relationship, such as poor communication, as well as feelings of suspicion and jealousy towards your partner because of the possibility that your partner is unfaithful. and if there is trust in the relationship, long distance problems can be resolved effectively. Couples who are in a long distance relationship also take advantage of the convenience of social media to communicate and the sophistication of technology to maintain their relationship. This allows them to be more open with each other, thereby fostering trust in their partner. In line with research by Novellencha (2019), it is stated that long-distance married couples can still be open towards their partners, such as by sharing stories about daily activities, children's growth and development, and expressing thoughts or opinions to their partners. The couple does this by using communication media such as video calls or via text messages.

Then the relationship satisfaction of early young adults who are undergoing long distance relationships in this study on average shows the medium category with a mean value of 15. Because there is sufficient self-disclosure, the relationship satisfaction they feel is also sufficient. So this is also in accordance with the accepted hypothesis, where the higher the self-disclosure, the higher the relationship satisfaction. Then according to research by Quek, Taniguchi, and Argiropoulou (2015), couples will feel happier in their marriage if they are more open to each other. He added that marital satisfaction is influenced by self-disclosure.

By opening up to your partner about things related to your emotional state, thoughts and problems experienced during a long distance relationship, you will make your partner satisfied in their relationship, because through self-openness, partners exchange information about their respective lives, talk about obstacles and problems. problems that occur and reduce suspicion towards your partner because they live far apart.



Self-disclosure in this research contributed to relationship satisfaction of 33.64%, which means there are still other variables of 66.36% that influence the achievement of relationship satisfaction. In this research there are still limitations in that the number of participants is still not large, limited time in conducting research, and the process of distributing questionnaires online via social media which results in researchers not being able to supervise and know directly who and what the condition of the participants is so that some of these limitations can affect quality of research data.

CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that there is a significant positive relationship between self-disclosure and relationship satisfaction. The higher the self-disclosure in young adults who are in a long distance relationship, the higher the level of relationship satisfaction in young adults who are in a long distance relationship. Then the average self-disclosure in young adults who are in a long distance relationship is in the medium category. Meanwhile, relationship satisfaction in young adults who are in a long distance relationship is in the high category. So self-disclosure in this research contributed to relationship satisfaction of 33.64%.

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