

## ABSTRAK

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### **PENGARUH *SELF-DISCLOSURE* TERHADAP KEPUASAN HUBUNGAN PADA INDIVIDU YANG MENJALANI HUBUNGAN PERNIKAHAN JARAK JAUH**

(xi + 33 halaman; 3 gambar; 14 tabel, 9 lampiran)

Tingginya risiko perceraian pada pasangan yang menjalani pernikahan jarak jauh disebabkan oleh kurangnya kepuasan dalam hubungan. Faktor-faktor yang dapat memengaruhi kepuasan hubungan yaitu keterlibatan pasangan seperti memberikan bantuan, dukungan, kebersamaan, saling berbagi mengenai emosi dan perasaan. Maka sangatlah penting untuk mewujudkan sikap terbuka, mau mendengarkan, kepercayaan dan kejujuran satu sama lain yang dapat diperoleh melalui *self-disclosure*. Sehingga diperlukan penelitian mengenai pengaruh *self-disclosure* terhadap kepuasan hubungan pada individu yang menjalani pernikahan jarak jauh.

Penelitian dilakukan secara kuantitatif dengan menggunakan *Revised Self-Disclosure Scale* dan *Relationship Assesment Scale*. Hasil menunjukkan terdapat pengaruh positif signifikan antara *self-disclosure* terhadap kepuasan hubungan ( $R^2=.801$ ,  $F(1,100)=403.312$ ,  $p<.001$ ). Artinya, semakin tinggi tingkat *self-disclosure*, maka semakin tinggi tingkat kepuasan hubungan individu yang menjalani pernikahan jarak jauh.

Kata kunci: kepuasan hubungan; pernikahan jarak jauh; *self-disclosure*.

Referensi: 43 (1976-2022)

## ABSTRACT

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### ***THE EFFECT OF SELF-DISCLOSURE ON RELATIONSHIP SATISFACTION IN INDIVIDUALS WHO ARE IN LONG DISTANCE MARRIAGE***

*(xi + 33 pages; 3 pictures; 14 tables, 9 attachments)*

*The high risk of divorce in couples in long-distance marriages is caused by a lack of satisfaction in the relationship. Factors that can affect relationship satisfaction are partner involvement such as providing help, support, togetherness, and sharing emotions and feelings. So it is very important to realize an open attitude, willingness to listen, trust and honesty with each other which can be obtained through self-disclosure. So research is needed on the effect of self-disclosure on relationship satisfaction in individuals undergoing long-distance marriage.*

*The research was conducted quantitatively using the Revised Self-Disclosure Scale and Relationship Assessment Scale. The results show that there is a significant positive effect between self-disclosure and relationship satisfaction ( $R^2=.801$ ,  $F(1,100)=403.312$ ,  $p<.001$ ). That is, the higher the level of self-disclosure, the higher the level of relationship satisfaction of individuals undergoing long-distance marriage.*

*Keywords: long distance marriage; relationship satisfaction; self-disclosure*

*References:43 (1976-2022)*