

ABSTRAK

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STRATEGI RESOLUSI KONFLIK PADA PASANGAN *LONG DISTANCE RELATIONSHIP* (LDR)

(xii + 78 halaman: 0 tabel; 5 lampiran)

Kata Kunci: *Long Distance Relationship*, Komunikasi, Konflik, *Self-Disclosure*

Long Distance Relationship (LDR) merupakan hubungan yang dilakukan oleh pasangan yang dipisahkan oleh jarak yang jauh. Hubungan jarak jauh menuntut pasangan muda untuk lebih kreatif dan berkomitmen dalam menjaga hubungan mereka. Dengan komunikasi yang efektif, kepercayaan, pengelolaan ekspektasi, keterampilan resolusi konflik, dukungan sosial, kegiatan bersama, dan sikap positif, pasangan dapat mengatasi konflik dan membangun hubungan yang kuat dan sehat meskipun terpisah oleh jarak.

Pasangan *Long Distance Relationship* (LDR) sering mengalami berbagai konflik yang dapat memengaruhi kualitas hubungan. Tujuan dari penelitian ini adalah untuk mengeksplorasi penyebab konflik, dampaknya, serta strategi penyelesaian yang diterapkan oleh pasangan berpacaran dalam menjalin hubungan jarak jauh. Pendekatan yang digunakan dalam penelitian ini adalah kualitatif dengan metode fenomenologis. Subjek penelitian terdiri dari individu berusia 20-35 tahun yang terlibat dalam *Long Distance Relationship* (LDR). Hasil penelitian menunjukkan bahwa konflik yang dialami meliputi konflik personal dan interpersonal, seperti kesulitan dalam komunikasi, perbedaan waktu dan jarak, serta rasa cemas akan kesetiaan pasangan.

Strategi manajemen konflik meliputi *Win-Lose and Win-Win Strategies*, *Avoidance and Active Fighting Strategies*, *Force and Talk Strategies*, *Face-Attacking and Face-Enhancing Strategies: Politeness in Conflict*, dan *Verbal Aggressiveness and Argumentativeness Strategies*. Penelitian ini menekankan bahwa komunikasi yang baik dan komitmen yang kuat adalah kunci untuk mengatasi tantangan dalam *Long Distance Relationship* (LDR), serta meningkatkan kepuasan dan kepercayaan dalam hubungan.

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ABSTRACT

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CONFLICT RESOLUTION STRATEGIES FOR LONG-DISTANCE RELATIONSHIP COUPLE (LDR)

(xii + 78 pages: 0 tables; 5 appendices)

Keywords: Long Distance Relationship, Communication, Conflict, Self-Disclosure

Long Distance Relationship (LDR) is a relationship carried out by couples who are separated by a long distance. Long distance relationships require young couples to be more creative and committed in maintaining their relationship. With effective communication, trust, expectation management, conflict resolution skills, social support, shared activities, and a positive attitude, couples can overcome conflict and build a strong and healthy relationship even though they are separated by distance.

Long Distance Relationship (LDR) couples often experience various conflicts that can affect the quality of the relationship. The purpose of this study was to explore the causes of conflict, its impact, and the resolution strategies applied by couples in long distance relationships. The approach used in this study was qualitative with a phenomenological method. The subjects of the study consisted of individuals aged 20-35 years who were involved in a Long-Distance Relationship (LDR). The results showed that the conflicts experienced included personal and interpersonal conflicts, such as difficulties in communication, differences in time and distance, and anxiety about the loyalty of the partner.

Conflict management strategies include Win-Lose and Win-Win Strategies, Avoidance and Active Fighting Strategies, Force and Talk Strategies, Face-Attacking and Face-Enhancing Strategies: Politeness in Conflict, and Verbal Aggressiveness and Argumentativeness Strategies. This study emphasizes that good communication and strong commitment are the keys to overcoming challenges in Long Distance Relationship (LDR), as well as increasing satisfaction and trust in the relationship.

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