

## ABSTRAK

Giancarly, Angelica Dheamarsha. (2026). Hubungan antara Kesesuaian *Love Languages* dari Pasangan dan Kepuasan Hubungan Romantis Pada *Emerging Adulthood*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini dilatarbelakangi oleh tingginya fenomena ketidakpuasan dalam hubungan romantis pada individu fase *emerging adulthood* (usia 18–25 tahun) yang seringkali dipicu oleh kesenjangan pemenuhan kebutuhan emosional, termasuk perbedaan cara mengekspresikan dan menerima kasih sayang (*love languages*). Ketidaksesuaian *love languages* ini dapat menyebabkan kesalahpahaman, menurunkan kualitas interaksi, serta berdampak pada kepuasan hubungan romantis. Oleh karena itu, penelitian ini bertujuan mengetahui hubungan antara kesesuaian *love languages* dari pasangan dan kepuasan hubungan romantis pada individu *emerging adulthood* di Indonesia. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional dan metode survei. Responden penelitian ini adalah individu berusia 18–25 tahun yang sedang menjalani hubungan romantis minimal telah berlangsung selama tiga bulan dengan jumlah responden sebanyak 170 orang yang diperoleh melalui teknik *convenience sampling*. Pengumpulan data dilakukan menggunakan dua instrumen, yaitu Skala Kesesuaian *Love Languages* dari Pasangan serta Skala Kepuasan Hubungan Romantis. Analisis data dilakukan menggunakan statistik deskriptif dan inferensial, dengan uji korelasi Spearman's rho. Hasil penelitian menunjukkan adanya hubungan positif dan signifikan antara kesesuaian *love languages* dan kepuasan hubungan romantis (Spearman's rho = 0,298 dan  $p < 0,001$ ) yang mengindikasikan bahwa semakin tinggi kesesuaian ekspresi kasih sayang pasangan dengan preferensi individu, maka semakin tinggi pula tingkat kepuasan hubungan romantis yang dirasakan. Penelitian ini menekankan pentingnya pemahaman dan penyesuaian *love languages* dalam hubungan sebagai upaya meningkatkan kualitas interaksi, mengurangi konflik, serta memperkuat kepuasan dan keberlangsungan hubungan romantis pada masa *emerging adulthood*.

**Kata kunci:** *love languages*, kepuasan hubungan romantis, *emerging adulthood*.

## ABSTRACT

Giancarly, Angelica Dheamarsha. (2026). *Correlation Between Matching Love Languages in Couples and Romantic Relationship Satisfaction of Emerging Adulthood*. Thesis. Yogyakarta: Psychology, Psychology Faculty, Universitas Sanata Dharma.

*This study is grounded in the phenomenon of low levels of romantic relationship satisfaction among individuals in the emerging adulthood phase (aged 18–25 years), which is often influenced by discrepancies in fulfilling emotional needs, including differences in how affection is expressed and received (love languages). Such mismatches may lead to misunderstandings, reduced quality of interaction, and ultimately lower relationship satisfaction. Therefore, this study aims to examine the relationship between the congruence of partners' love languages and romantic relationship satisfaction among emerging adults in Indonesia. This research employed a quantitative approach with a correlational design using a survey method. The participants consisted of individuals aged 18–25 years who were currently involved in a romantic relationship for at least three months, with a total of 170 participants, selected through a convenience sampling technique. Data were collected using two instruments: the Love Languages Congruence Scale developed based on the theory of Gary Chapman (1992), consisting of 40 items (20 preference items and 20 experience items), and the Romantic Relationship Satisfaction Scale, consisting of (insert number of items as adapted). The results indicated a positive and significant relationship between love languages congruence and romantic relationship satisfaction ( $\rho = 0.298$ ,  $p < 0.01$ ), suggesting that higher congruence between partners' expressions of affection and individuals' emotional preferences is associated with higher levels of relationship satisfaction. The findings imply that understanding and aligning love languages play an important role in enhancing interaction quality, reducing conflict, and strengthening satisfaction and stability in romantic relationships during emerging adulthood.*

**Key words:** *Love Language, Romantic Relationship Satisfaction, Emerging Adulthood*