

Marriage Satisfaction in Long-Distance: The Role of Trust and Family Support in Early Adult Couples

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Abstract

This study aimed to determine whether there is a positive relationship between trust, family support, and marital satisfaction in early adult individuals who undergo long-distance marriage. This study took a population of male early adults aged 18-34 who live in Banyumas Village, Pringsewu Regency, with a sample of 73 subjects. The method used in this research is a quantitative method with a purposive sampling technique; the instruments in this study are the marriage satisfaction scale ($\alpha = 0.889$), the trust scale ($\alpha = 0.887$), and family support ($\alpha = 0.886$). Data analysis using personal product moment. The study's conclusion obtained the findings of an influential relationship on marriage satisfaction. However, the significant negative results on trust mean that low trust means one's marriage satisfaction will be high and vice versa; if trust is high, marriage satisfaction will be low. The contribution of this research has the potential to be the basis for various innovations in understanding the dynamics of long-distance relationships in early adult couples, both theoretically and applicatively.

Kata Kunci

Kepuasan Pernikahan;
Jarak Jauh;
Trust;
Dukungan Keluarga;
Pasangan Dewasa Awal

Abstrak

Tujuan penelitian ini untuk mengetahui apakah terdapat hubungan yang positif antara variabel trust, dukungan keluarga dengan kepuasan pernikahan pada individu dewasa awal yang menjalani long distance marriage pernikahan jarak jauh. Penelitian ini mengambil populasi berjenis kelamin laki-laki dewasa awal dengan kisaran umur 18-34 tahun yang berdomisili di Desa Banyumas Kabupaten Pringsewu, dengan sampel sebanyak 73 subjek. Metode yang digunakan pada penelitian ini ialah metode kuantitatif dengan teknik purposive sampling. Instrumen pada penelitian ini ialah skala kepuasan pernikahan ($\alpha = 0,889$), skala trust ($\alpha = 0,887$) dan dukungan keluarga ($\alpha = 0,886$). Analisis data menggunakan person product moment. Kesimpulan penelitian diperoleh temuan adanya hubungan yang berpengaruh pada kepuasan pernikahan, namun hasil negatif signifikan pada trust mendapatkan arti bahwa Trust rendah maka kepuasan pernikahan seseorang akan tinggi dan begitupun sebaliknya, jika Trust tinggi maka Kepuasan Pernikahan akan rendah. Kontribusi penelitian ini berpotensi menjadi dasar bagi berbagai inovasi dalam memahami dinamika hubungan jarak jauh pada pasangan dewasa awal, baik secara teoritis maupun aplikatif.

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INTRODUCTION

Humans are social creatures that need help from others; humans also desire to have partners and establish relationships with other people; these relationships will affect their lives. The relationship is marriage; when someone is old enough, they will marry their partner; in a marriage, the couples expect happiness. Creating this happiness is not easy; couples should have a sense of love, affection, and responsibility in a marriage relationship (Azizah, 2020).

Ideally, married couples generally live under the same roof, but not all marriage partners are under it; many are willing to be far apart and separated by distance and time. This phenomenon is commonly referred to as long-distance marriage. In this situation, one of the spouses does not live under the same roof and is physically separated to meet economic needs (Mukarramah, 2024).

One of the causes of long-distance marriage is the demands of work. The increasing needs of life and intense career competition make husbands think hard and find various ways to stabilize the economy and achieve career paths. One of the ways is to undergo a long-distance marriage to live apart from his family outside the city and even abroad (Falah, 2022). Long-distance marriage certainly causes various kinds of problems that arise and causes unfavorable psychological conditions such as anxiety, loneliness, doubt, and unstable emotions toward their partners. Conditions like this will make the marriage relationship bad (Jannah & Wulandari, 2022).

Marriage generally occurs in a wide variety of ages, one of which is in early adulthood; many individuals choose to get married in early adulthood. Early adulthood is a time when individuals make many adjustments, especially if they choose to get married; these individuals must be able to maximize themselves in adjusting their lives because the burden they bear will increase; a heavy burden results in unstable emotions, which will cause stress and mental health will be disrupted. Heavy burdens and unfavorable economic conditions are the main reasons one of the spouses decides to look for a better job even though it is far from the place of residence, so the couple undergoes a long-distance marriage (Nugraha et al., 2020).

Early adulthood is commonly referred to as a transition period, namely when the individual is still in a condition of just having fun; in early adulthood, individuals will tend to find many problems that occur. At this time, individuals are busy arranging careers, choosing a partner, getting married, and thinking about what life will be like and their lifestyle (Fitriawardhani, 2017). Santrock revealed that early adulthood is now used to refer to the transition from adolescence to adulthood. This age group ranges from 18 to 25 years, and research and experimental activities characterize this period. The transition from adolescence to adulthood is characterized by constant change (Siregar et al., 2022).

Long-distance marriage has its situation for early adult couples because early adulthood is when they learn how to deal with the real pattern of life. Early adulthood is critical, especially when they have to live apart from their partner. Young early adult couples are more likely in terms of love to override other factors, so things like this will be a problem in their marriage. They will find it difficult to maintain their marriage because a relationship based only on love will cause passion and lust (Nugraha, 2018).

The purpose of marriage, according to Islam itself, is a relationship that forms a family in which there are three important elements, namely *sakinah*, *mawaddah*, and *warmth*, where household life is peaceful, harmonious, prosperous, and always adheres to Islamic teachings. The purpose of family formation is a manifestation of legal marriage, namely to create a prosperous and happy family to continue offspring and produce Muslim generations as successors to the Islamic treatise (Amin, 2017).

Marriage satisfaction will be fulfilled if there is good communication, good self-disclosure, stable economic conditions, the ability to solve problems with good conflict resolution, paying attention to your partner, providing love and warmth, fulfilling sexual needs, having children, and being able to take good care of children, being able to take responsibility, not being rash in making decisions and having trust in your partner (Manullang, 2021).

Burgess and Locke define marital satisfaction as one of the criteria for measuring the success of marriage (Wulan & Chotimah, 2017). Suppose a

married couple is satisfied with the marriage that has been lived. In that case, he will assume that the expectations, desires, and goals to be achieved at the time of marriage have been fulfilled so that the married couple can avoid household conflicts that lead to divorce.

Trust is one of the factors that help to realize marital satisfaction. Trust is a fundamental attitude of care and confidence in a relationship (Rempel, 1985). Feeling confident that a partner will be what you want is something that needs to be instilled in yourself to improve the quality of trust in a positive relationship; this will be an emotional experience as well as a guarantee of a partner's behavior or actions towards us which does not only include intellectual judgment (Kusumawati, 2022).

Sadarjeon defines marital satisfaction as something that describes success based on the husband-wife assessment, which runs from time to time (Rannu, 2020). There are several benchmarks for marital satisfaction, including length of the marriage, happiness, satisfaction, sexual adjustment, and partner unity (Suryani & Nurwidawati, 2016).

The research conducted by Muhardeni (2018) found significant results between trust and marital satisfaction. Marriage can be said to be happy if, in the relationship, there is an important point, namely trust. Trust can be the main reference for harmony in the household. The results of research conducted by (Suryani & Nurwidawati, 2016) state that trust is a predictor in a long-distance marriage relationship; this is because, in a long-distance marriage, each partner cannot see the activities or activities carried out by their partner, so in this case, trust is what plays a role in a long-distance marriage.

Friedman & Bowden define family support as the people closest to us who have emotional ties and togetherness. Family support is an attitude of support, acceptance, and togetherness when happy and difficult (Marpaung & Sinaga, 2019). Family support also has a role that is quite influential and affects marital satisfaction, fostering a sense of happiness and satisfaction in marriage. Family support can help couples solve domestic problems, including family support from husbands, parents, children, uncles, aunts, and other relatives (Azani, 2018). Furthermore, it is influenced by aspects of social support (Utomo et al., 2022).

As an important aspect of the family, parents have a major influence on harmony (Utomo & Pahlevi, 2022). Family support has a function, namely as an interpersonal relationship, to protect individuals from excessive stress. The support provided can help individuals manage their emotions so that they feel cared for, taken care of, and loved, and then the individual feels comfortable, safe, and calm. Family support also means feedback from other people towards us, where these other people show care, respect, value, and love (Mazidah and Azizah, 2020).

The results of research conducted by Retnowati & Satyabakti (2015) found a significant relationship between family support and marital satisfaction. Family support can reduce excessive anxiety, which can then lead to depression. Furthermore, research conducted by Rahman et al. (2017) this study states the results that family support is very helpful and positively related to marital satisfaction and has a negative relationship with depression.

Based on the background explanation above regarding the relationship between variables that have a positive relationship in the process of married life in long-distance couples, as well as the explanation that a long-distance marriage requires trust and family support, therefore the researcher wants to test the correlation of these variables whether there is a relationship between trust and marital satisfaction and family support in early adult couples in long-distance marriages.

METHOD

This study uses a quantitative method with a correlational approach to determine whether there is a relationship between trust, family support, and marital satisfaction in early adult individuals undergoing long-distance marriage. This study's sampling technique used purposive sampling, which determines the sample based on certain criteria in accordance with the research. The population in this study are early adults who live in Banyumas District with a distribution in five villages, namely Banyumas, Banyu Urip, Nusawungu, Sukamulya, Sriwungu and obtained 73 respondents with male criteria 18-40 years old, who are actively undergoing a Long Distance Marriage relationship. The analysis method used is correlation analysis.

The instrument used in this study is a Likert scale using the Trust scale, which measures family support and marriage satisfaction. The trust scale was modified from Uky's research (2019), which refers to Rampel's theory (1985) with several items 21 and a value of ($\alpha = 0.883$), the family support scale was modified from Vinda's research (2022) which refers to Friedman & Bowden's theory (2010) with the number of items 22 and a value of ($\alpha = 0.985$) then the marriage satisfaction scale was modified from Claudia's research (2018) which refers to Flower and David H. Olson's theory (1989; 1993) with 31 items and a value of ($\alpha = 0.893$).

RESULTS AND DISCUSSION

Result

Based on the data obtained, the following describes the characteristics of respondents ranging from the age and domicile of early adult individuals actively undergoing a long-distance marriage relationship.

Table. 1 Early Adult Age	
Ages	Total
19-20	13
21-25	46
26-30	14

Table 2. Domicile	
Domicile	Total
Banyumas	24
Banyu urip	12
Sukamulya	11
Nusawungu	16
Sriwungu	10

In the data obtained, it is known that the respondents obtained by the researcher are 73 respondents with the most vulnerable age ranging from 21-25, with 46 respondents from the five villages listed in table 2 above.

Based on the data that has been obtained, the next stage of research is to find out whether there is a significant relationship between trust, family support, and marital satisfaction of early adult individuals undergoing long-distance marriage by conducting three hypothesis tests, following the results of the first hypothesis:

Table 3. first hypothesis results				
Model	R	R ²	F	Sig.
H1	0.559	0.312	15.882	<0.000
Satisfaction marriage				
Trust				
Family support				

The table of the first hypothesis results above shows a significant positive relationship between trust, family support, and marital satisfaction in individuals undergoing long-distance marriage with an R-value of 0.559, an F value of 15,822, and a significance value of 0.000, which means $p < 0.05$. The effective contribution (SE) given by the two independent variables is 31.2%.

The results of this study align with research conducted by Avindra Risandy, titled "The Effect of Trust and Family Support on Marital Happiness in Young Married Students," which obtained significant results with an effective contribution of 48%. This explains that trust and family support affect a couple's happiness level; the higher the trust and family support, the higher the happiness obtained. (Randy, 2018).

Table 4. Results of Hypothesis Test Variables X1, X2, with Y			
Variable	Pearson Correlation	P	Descriptions
X1 - Y	-0,043	0.003	Negative - Significant
X2 - Y	0,467	0.000	Posititive - Significant

Table 5. Effective contribution of both independent variables			
Variables	Regression Coefficient (Beta)	Correlation Coefficient	Effective Contribution
Trust	-0.351	-0.043	1,50 %
Family support	0.637	0.467	29,70%

Based on Table 4., from the results of the second and third hypotheses tested above, the second hypothesis shows that trust and marital satisfaction obtained a t value of -0.043 with a significant value of 0.003 or $p < 0.05$. This means a significant negative

relationship exists between trust and marital satisfaction. This means a significant negative relationship exists between trust and marital satisfaction. It can be concluded that the lower the trust in a marriage is, the lower the marital satisfaction will be. The effective contribution (SE) of the trust variable is 1.50%.

Discussion

The results of this study obtained significant negative results, and several factors could have been the cause of this negative result. According to Sadarjeon, marriage satisfaction is a condition where partners can overcome various kinds of family problems and adjust, understand each other, provide inner sustenance, a stable economy, understanding, support, offspring, and emotional control (Handayani, 2016). This understanding can lead to the conclusion that to get qualified marriage satisfaction; couples must be able to apply the many benchmarks that are the key to marriage satisfaction. Trust is indeed the foundation of the start of a relationship, but several other benchmarks must also be considered and applied carefully. This could be one of the causes of the non-positive relationship resulting from this study.

Furthermore, in the third hypothesis listed in the table, the results show that family support and marital satisfaction obtained a t value of 0.467 with a significant value of 0.000 or $p < 0.05$. This means getting the result that there is a significant positive relationship between family support and marriage satisfaction; therefore, the higher the family support obtained, the higher the marriage satisfaction obtained. The effective contribution (SE) of the trust variable is 29.70%.

The results of this study are in line with the theory of Sarafino (2006), defining family support as the availability of other people who can be relied on by showing love and care and referring to comfort and appreciation of family support as an external factor, namely based on informative support. According to Sulistyaningsih & Wijayanti (2020), family support is an individual's relationship with others by providing care and helping someone solve their problems.

The results of this study are supported by research from Riadi with a study entitled "The Effect of Big Five Personality Family Support and Patience with Marriage Satisfaction on the Wife of a Nurse

Working Night Shift." the study found significant positive results with a significant value of 31.1% that there is a relationship between family support and marriage satisfaction (Riadi, 2020).

Marriage Satisfaction at a Long Distance: The Role of Trust and Family Support in Early Adult Couples" leads to the exploration of dynamic relationships in long-distance marriages, especially related to factors such as trust and family support. Here is a potential discussion on this topic:

Due to work, education, and economic demands, long-distance marriage is becoming increasingly common in modern society (Yazid & Sugitanata, 2024). In this situation, couples cannot interact in person daily, which poses unique challenges, such as difficulty maintaining effective communication, a sense of loneliness or isolation, and potential conflicts due to lack of physical presence. However, some couples manage to maintain marital satisfaction in this situation. Research focuses on the factors that support such success.

Trust is a key element in long-distance marriages. Couples must have confidence that their partner remains loyal, honest, and supportive despite the distance (Suciati, 2013). Trust can be influenced by (1) Communication: Couples who trust each other tend to be more open and honest in communication, reducing misunderstandings; (2) Emotional Security: Trust creates a sense of security so couples can better deal with distance challenges. Meanwhile, this trust is often influenced by (1) the quality of the relationship before the distance, (1) the frequency and quality of communication during separation, (2) previous relationship experiences (good or bad), and (2) Family Support.

Support from the nuclear or extended family also plays an important role in maintaining long-distance marriage satisfaction (Uyun & Rohmatulloh (2022). This support can be in the form of (1) Emotional support, Listening to complaints or providing encouragement when the partner feels lonely; (2) Practical Support: Helping to take care of the partner's needs that cannot be handled due to distance (for example, looking after children or taking care of the house); (3) Social Support: Provides a sense of community, so that the spouse does not feel alone; (3) Good family support helps reduce stress and improve adaptation to the challenges of long-distance marriage.

Marriage satisfaction in early adult couples, early adulthood (age 20-40 years) is a developmental stage characterized by focusing on career achievement, building a family, and maintaining stable relationships (Engka, A., Wullur & Kapahang, 2023). Factors that can affect marital satisfaction in this group are (1) Communication skills: Early adult couples tend to be more skilled in using technology for communication (e.g., video calls, instant messaging); (2) Realistic expectations: Couples who have realistic expectations of the relationship tend to be more satisfied; (3) Commitment and responsibility: Early adults often have a higher commitment to maintaining the relationship, especially if they have children.

The relationship between trust, family support, and marital satisfaction. The interaction between trust and family support influences long-distance marital satisfaction. High trust allows couples to feel calm and confident in their commitment, while family support provides additional resources to deal with relationship stress. Couples are more likely to feel satisfied with their relationship despite distance challenges when these two factors are met.

CONCLUSION

Based on the results of data analysis of the three research variables that have been carried out, the results of the first hypothesis show a significant positive relationship between trust and family support with marital satisfaction in early adult individuals undergoing long-distance marriage, then the second hypothesis gets significant negative results from the relationship between trust and marriage satisfaction then for the third hypothesis researchers get significant positive results from the relationship between family support and marriage satisfaction. It can be interpreted that the three research variables show an influential relationship on marital satisfaction, but the significant negative results on trust mean that if trust is low, one's marital satisfaction will be high and vice versa; if trust is high, marital satisfaction will be low.

Research implications. This study provides insight for couples and families about the importance of trust and family support in long-distance marriages. Strategies that can be applied include (1) Increasing communication openness between couples, (2) Involving families in providing support to couples,

(2) Helping couples develop trust through empathy training, honest communication, and managing expectations.

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