

Hubungan antara kecerdasan emosi dan kepuasan hubungan pada mahasiswa yang menjalani hubungan pacaran jarak jauh = The relationship between emotional intelligence and relationship satisfaction among undergraduate student in long distance dating relationship

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Abstrak

Penelitian ini dilakukan untuk mendapatkan gambaran mengenai hubungan antara kecerdasan emosi dan kepuasan hubungan pada mahasiswa yang menjalani hubungan pacaran jarak jauh. Pengukuran kecerdasan emosi dilakukan dengan menggunakan alat ukur Brief Emotional Intelligence Scale (Davies et al., 2010) dan pengukuran kepuasan hubungan dilakukan dengan menggunakan alat ukur Relationship Assessment Scale (Hendrick, 1988). Partisipan penelitian berjumlah 185 mahasiswa dengan karakteristik sedang menjalani hubungan pacaran jarak jauh.

Hasil penelitian ini menunjukkan terdapat hubungan positif yang signifikan antara kecerdasan emosi dan kepuasan hubungan pada mahasiswa yang menjalani hubungan pacaran jarak jauh ($r = 0.251$; $p = 0.001$, signifikan pada L.o.S 0.01). Artinya, semakin tinggi kecerdasan emosi yang dimiliki seseorang, maka semakin tinggi kepuasan hubungan yang dicapai.

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This research is conducted to gain insight about the correlation between emotional intelligence and relationship satisfaction on undergraduate students who are experiencing long distance relationship. The measurement tool that is used to gauge the emotional intelligence factor is the Brief Emotional Intelligence Scale (Davies et al., 2010) and the measurement tool used for relationship satisfaction factor is Relationship Assessment Scale (Hendrick, 1988). The number of samples for this particular research are 185 undergraduate students with the characteristic of having engaging in long distance relationship.

The result obtained in this research shows that there's a significant positive correlation between emotional intelligence and relationship satisfaction among the undergraduate students who experience long distance relationship ($r = 0.251$; $p = 0.001$, that shows significance at L.o.S 0.01). Which means, the higher the level of emotional intelligence within a person, therefore resulting in achieving a higher level of relationship satisfaction.