

Hubungan antara motif berkorban dan rasa syukur terhadap kepuasan hubungan pada emerging adulthood yang berpacaran = The relationship between motives of sacrifice and gratitude to satisfaction on dating relationship: study among emerging adulthood

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Abstrak

Pada tahap emerging adulthood, ditandakan sebagai masa instabilitas yang membuat individu kerap berganti pasangan. Padahal, hubungan yang memuaskan dapat membantu individu dalam pengembangan identitas dan tujuan serta meningkatkan kesejahteraan diri. Diketahui beberapa faktor berperan dalam kepuasan hubungan adalah motif berkorban dan rasa syukur. Penelitian ini bertujuan untuk menguji hubungan antara motif berkorban dan rasa syukur terhadap kepuasan hubungan berpacaran pada emerging adulthood. Alat ukur yang digunakan Investment Model Scale (IMS) untuk mengukur kepuasan hubungan, Motives of Sacrifices (MoS) untuk mengukur motif berkorban, dan The Gratitude Questionnaire-6 (GQ-6) untuk mengukur rasa syukur. 2.839 partisipan merupakan individu berusia 18-29 tahun dan sedang berpacaran dengan lawan jenis. Hasil analisis dengan korelasi Pearson memberi hasil bahwa terdapat hubungan positif yang signifikan antara motif berkorban mendekati ($r = .297, p < .001, \text{one-tail}$) dan rasa syukur terhadap kepuasan hubungan ($r = .206, p < .001, \text{one-tail}$). Hasil juga menunjukkan bahwa terdapat hubungan negatif yang signifikan antara motif berkorban menjauh terhadap kepuasan hubungan ($r = -.095, p < .001, \text{one-tail}$). Melalui penelitian ini dapat diketahui bahwa, dalam berpacaran di usia emerging adulthood dengan memiliki motif berkorban mendekati dan rasa syukur dapat berguna untuk meningkatkan kepuasan hubungan.

.....The emerging adulthood period is known as a stage of instability that causes individuals to change relationships frequently. Indeed, relationship satisfaction may help individuals develop their identity and goals while also increasing their well-being. Namely, the motives of sacrifice and gratitude have an impact on this. The purpose of this study is to investigate the relationship between the motives of sacrifice and gratitude towards dating relationship satisfaction in emerging adulthood. The measuring instruments used in this study are Investment Model Scale (IMS) to measure relationship satisfaction, Motives of Sacrifices to measure the motives of sacrifices, and The Gratitude Questionnaire-6 (GQ-6) to measure gratitude. 2,839 participants are 18-29 years old and dating the opposite sex. The results of this study, using Pearson correlation analysis, show that there is a significant positive relationship between the approach motive of sacrifice ($r = .297, p .001, \text{one-tail}$) and gratitude ($r = .206, p .001, \text{one-tail}$) to relationship satisfaction. The results also reveal a significant negative relationship between the avoidance motives of sacrifice to relationship satisfaction ($r = -.095, p .001, \text{one-tail}$). This study found that while dating at the age of emerging adulthood, having approach motives of sacrifices and gratitude can be beneficial for increasing relationship satisfaction.