

THE RELATIONSHIP BETWEEN THE TRIANGULAR THEORY OF LOVE BY STERNBERG AND ROMANTIC RELATIONSHIP SATISFACTION IN THE EMERGING ADULTHOOD

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ABSTRACT

Satisfaction is an important factor in relationships between individuals, including heterosexual relationships in the context of dating relationships. This research aims to determine the relationship between the triangular theory of love (intimacy, passion, and commitment) and romantic relationship satisfaction during emerging adulthood. Participants in this research were 113 students from the Faculty of Psychology at University X in Indonesia. The data collection method was carried out using the standard scale of the Relationship Assessment Scale (RAS; Hendrick, 1988) to measure romantic relationship satisfaction and The Sternberg Triangular Love Scale by Sternberg (TSTL; Sternberg, 1987) was used to measure the components of love (intimacy, passion, commitment). The results showed that the three components of love were related to romantic relationship satisfaction. The results of the study showed that romantic relationship satisfaction with intimacy was $r = 0.557$ ($p < 0.05$). Romantic relationship satisfaction with passion was $r = 0.563$ ($p < 0.05$). Romantic relationship satisfaction with commitment was $r = 0.556$ ($p < 0.05$). Based on the results of this research, it shows that the passion component has the highest correlation with satisfaction in romantic relationships. Meanwhile, the commitment component has the lowest correlation with satisfaction in romantic relationships.

Keywords: Emerging Adulthood, Romantic Relationships, Satisfaction, Triangular Theory of Love.

INTRODUCTION

Almost every human being dreams of a satisfying life, having all his needs met without having any shortcomings at all, but humans themselves sometimes never feel satisfied enough in their lives. Not being grateful for what is available in his life, it is difficult to live and accept reality. Especially the transition from adolescence to adulthood, known as growing up, occurs from the ages of 18 to 25 years. One of the characteristics of people who are growing up is especially in romantic relationships (Arnett, in Santrock, 2012). Development in early adulthood often involves balancing intimacy and commitment on the one hand, and independence and freedom on the other. At the same time as individuals seek to develop an identity, they are faced with difficulties in coping with increasing independence from parents, developing intimate relationships with other individuals, and increasing commitment in their friendships. They also face demands to be able to think independently and teach other things without always depending on what other people say or do. For example, today's students experience greater stress and feel more depressed than before because of the demands of growing up, but want to enjoy greater freedom from parental supervision (Santrock, 2012).

According to Fromm (2021) regarding human needs, nowadays, responsibility is often interpreted as an obligation, something that is determined for someone from outside. However,

responsibility in the true sense is an action that is completely voluntary. In love between adults, responsibility refers first to the psychic needs of the other person. Responsibility can easily fall into domination and possessive power, in contrast to the third component of love, namely respect. Respect means concern that another person needs to grow and develop as they are. Respect exists only on the basis of freedom: “l’amour est l’enfant de la liberte” as the Old French song says, love is the child of freedom, not at all the child of domination.

One of human needs is human connectedness with the world, groups and with other people. Connectedness will be positive if it is based on love and connectedness will be negative if it is based on submission and power. Love is a form of responsibility, respect and knowledge that makes humans grow and develop well. Submission and power create a symbiotic relationship, power becomes dominant with people who submit (obedience) who become their partners, so that interdependence makes humans not grow and develop well. Likewise with a romantic relationship, if it is based on submission and power, it cannot be said to be love, but only because of a feeling of despair that human needs are not fulfilled. Love is able to unite two people, but remain apart without sacrificing integrity and independence (Fromm in Feist & Feist, 2016).

According to Maslow (in Goble, 1987) one of the basic human needs is love, without love the growth and development of people's abilities will be hampered. Love involves a healthy and affectionate relationship between two people, including mutual trust. In a true relationship there will be no fear, while various forms of defense will collapse. Often love becomes damaged if one party feels afraid that their weaknesses and mistakes will be revealed. The need for love includes love that gives and love that receives. With love, humans are able to accept all their shortcomings, love fosters self-confidence and motivation to live life well so that humans have a clear path to continue their life, grow and develop well. A relationship between two people, namely between a woman and a man, is called a romantic relationship or dating.

Romantic relationships are interpersonal relationships that are very close and intimate (Murisal & Sisrazeni, 2022). Romantic relationships are characterized by very specific cognitive, emotional and behavioral aspects. Intimacy can be seen as a product or a process. As a process, intimacy is an effort to obtain perfection from communication. Intimacy can be seen from mutual openness with each other and the frequency of touch. This openness is related to the quality of communication (Collins & Millers, in Rahman, 2020). According to Erikson (in Feist & Feist, 2016) mature intimacy means the ability and willingness to share reciprocal trust. This involves sacrifice, compromise, and commitment in a relationship of two equals which is a requirement of marriage. In a cross-cultural study, 263 young adult couples in Brazil, Italy and the United States reported communication and satisfaction in their romantic relationships. In all of these settings, couples who communicate constructively tend to be more satisfied with their relationships than those who do not (Christensen, Eldridge, Catta-Preta, Lim, & Santagata, in Papalia & Feldman, 2015).

According to Stinnet et.al., (in Chrisnatalia & Ramadhan, 2022) romantic relationship satisfaction is the complete emotional support that a person feels so that the partner feels that the expectations from the relationship can be fulfilled well. Meanwhile, according to Rusbult (in Renanda, 2018) relationship satisfaction is a person's intrapersonal evaluation by feeling positive things and their interest in the relationship they are in. This makes someone who has a romantic relationship not feel lacking in their romantic relationship, always providing positive things in each person's life journey and continuing to develop together in a positive

direction in perfect love. One of the factors of romantic relationship satisfaction is Sternberg's Triangular theory of love.

According to Sternberg (in Santrock, 2012) perfect love involves a form of love which can be viewed as a triangle consisting of three main dimensions, namely passion, intimacy and commitment. Passion is physical and sexual attraction towards another person. Intimacy is an emotional feeling that contains warmth, closeness and sharing in a relationship. Commitment is a cognitive assessment of a relationship and the intention to maintain a relationship even if the relationship faces problems. If one or two of the three dimensions are missing, the romantic relationship will never feel fulfilled and satisfied by the partner. Romantic relationships must involve these three dimensions, so that two people have a healthy, satisfying romantic relationship that supports each other. Learn how to love and support loved ones in a better way. Love is magical and can last a long time, if you remember each other's differences. Through understanding the hidden differences of the opposite sex, romantic relationships can be more successful in giving and receiving the love that is in the hearts of both people, so that both people get satisfaction in their romantic relationship (Gray, 2019).

As experienced by several students at Buana Perjuangan University, Karawang, Faculty of Psychology, class of 2019. Researchers have interviewed 22 students at Buana Perjuangan University, Karawang, Faculty of Psychology, class of 2019 who have romantic relationships. The results of interviews regarding romantic relationships included in the aspects of romantic relationship satisfaction, namely, accepting one's partner as they are, without having to change one's partner. Get a sense of security in your partner, do not limit your partner and always support anything as long as it is positive, then respect your partner's decision in choosing their path in life. Support each other, not depend on your partner, respect your partner's existence by communicating well, not be afraid to continue your romantic relationship towards marriage and know what to do next in your current romantic relationship. They believe that they continue to learn and develop to form even closer relationships. This research is a replication of previous research conducted by Aryani (2016), but uses standard aspects of a tool to measure satisfaction in relationships with partners, and uses subjects with more respondents, and subjects who come from different areas than previous research.

Therefore, researchers are interested in examining students at Buana Perjuangan University, Karawang, Faculty of Psychology, class of 2019 who are currently in a romantic relationship, a romantic relationship that includes aspects of romantic relationship satisfaction. Researchers will discuss romantic relationship satisfaction in this research with the title "The relationship between Sternberg's Triangular Theory of Love and Romantic Relationship Satisfaction among Students at Buana Perjuangan University, Karawang, Faculty of Psychology, Class of 2019".

Romantic Relationship Satisfaction

According to Cepukiene (in Utami, Noorizki & Putri, 2022) romantic relationship satisfaction can be defined as an interpersonal evaluation and feelings towards one's partner and the relationship which are subjective. Meanwhile, according to Horison (in Orsley & Simanjuntak, 2023) that relationship satisfaction is defined as the degree of how pleased and happy an individual feels about the relationship they are in, which is the key to the sustainability of the relationship. In the opinion of Rusbult and Buunk (in Aryani, 2016), couples who are satisfied with their relationship are partners who work together to maintain the relationship, provide support, pay attention, and form a mutual commitment. The act of supporting each other, giving each other attention and not just being selfish makes couples feel satisfied in their romantic relationship so that the relationship becomes warmer and full of love. Factors that Influence

Romantic Relationship Satisfaction (Jones & Cunningham in Muhtar & Suminar, 2023, namely: (1) Triangular theory of love by Sternberg, (2) Self esteem, (3) Romantic beliefs, (4) Gender roles, (5)) Communication, communications and negotiation strategies can be effective facilities in developing problem solving in a romantic relationship and reducing the risk of conflict that can lead to violence or withdrawal from a romantic relationship (Hunter & Visvanathan in Utami, Noorrizki & Putri, 2022), (6) Secure attachment, individuals with secure attachment patterns have romantic relationships that tend to be happy, have mutual trust, and have a higher proportion of positive emotions than negative emotions (Hazan & Shaver in Kalamsari & Ginanjar, 2022), (7) Personality according to the Big Five Personality theory: neuroticism, extraversion, openness to experience, agreeableness and conscientiousness. Broadly speaking, it can be said that a person's personality will influence a person's relationship with their partner and not vice versa (Brehm & McCrae in Indriani, 2014).

Love

Love involves a broad and complex area of human behavior, spanning various relationships that include friendship, romantic love, affective love, and even, according to a number of experts, also involves altruism. Consummate love (Berscheid in Santrock, 2012). According to Rahman (2020) love is an emotional experience that anyone can experience. Anyone certainly experiences the emotion of love, but who the love is directed towards is something that is relative and specific, you don't know what the characteristics of the person you fall in love with are like. In Sternberg's theory, the strongest and most complete form of love is perfect love, which involves three dimensions, namely, passion, intimacy and commitment. If one or two of these dimensions are missing, then a romantic relationship will not be complete and the couple will not feel satisfied, the romantic relationship will not last long. (Santrock, 2012). Dimensions of Love by Sternberg (Papalia & Feldman, 2015).

- 1) Intimacy: an emotional element, involving self-disclosure, which leads to connection, warmth and trust.
- 2) Passion: a motivational element based on an internal drive that translates physiological stimulation into sexual desire.
- 3) Commitment: cognitive element, the decision to love and stay with the loved one.

Relationships between Love Components and Romantic Relationship Satisfaction

Individuals with a high love component have the desire to provide attention, be understanding, respect, have loyalty, and have trust in their partner (Gray, 2019). When facing conflict, individuals with a high love component will provide an active and constructive response in order to resolve the conflict (Gray, 2019). Thus, individuals will experience satisfaction in their romantic relationship with their partner. Therefore, this research was conducted to examine whether there is a significant relationship between love components and romantic relationship satisfaction in emerging adulthood who are currently in a dating relationship.

RESEARCH METHODS

Participants

The participants in this research were 113 people, aged 18-25 years and currently in a dating relationship, but not yet engaged or never married, dating for ≥ 6 months, dating heterosexually, and came from students from the Faculty of Psychology at Buana Perjuangan University, Karawang. The sampling technique used was purposive sampling, which emphasizes the existence of certain criteria or characteristics in selecting research participants (Sugiyono, 2012).

Research Design

This research uses quantitative methods with a correlational test type of research which is research used to find the relationship between two or more variables (Sugiyono, 2012).

Procedure

Researchers distributed questionnaires in digital form (softcopy) via social media accounts such as Line and WhatsApp from students at Buana Perjuangan University, Karawang. The measuring tool used is the Relationship Assessment Scale (RAS; Hendrick, 1988) to measure romantic relationship satisfaction. This measuring instrument consists of seven unidimensional items, using a Likert scale which has a value range of 1-5 (1 = Very Low; 5 = Very High) and has a Cronbach's Alpha value of 0.837.) Examples of items from the Relationship Assessment Scale measurement tool, such as (" To what extent does this relationship meet your expectations?"). The Stenberg Triangular Love Scale by Sternberg (TSTL; Stenberg, 1987) is used to measure the components of love (intimacy, passion, commitment). This measuring instrument consists of 45 three-dimensional items, using a Likert scale that has a value range of 1-4 (1 = Very Unsuitable; 4 = Very Appropriate) for favorable items, and has a value range of 1-4 (1 = Very Appropriate; 4 = Very Unsuitable) for unfavorable items. Examples of items measuring The Stenberg Triangular Love Scale are ("I receive considerable emotional support from my partner?") for the intimacy component, ("I can't imagine anyone else making me as happy as my partner") for the passion component, ("I will always feel a strong responsibility towards my partner") for the commitment component. Before distributing the questionnaire, researchers tested the measuring instruments on 30 participants. The result is that these two measuring instruments are valid and reliable, because the reliability value is above 0.5 and the validity value for each item is above 0.2, in accordance with the minimum standard of validity value of 0.2 (Piedmont, 2014), and the minimum standard of reliability value of 0.5 (Goforth, 2015).

Analysis Techniques

Researchers tested the validity and reliability of measuring instruments for the components of love and romantic relationship satisfaction. Next, the researchers carried out a normality test using the Kolmogorov-Smirnov test and found that the data was normally distributed, so the researchers used the Pearson correlation technique to test the correlation between the components of love and romantic relationship satisfaction.

ANALYSIS AND RESULTS

Through the results of the analysis of 113 participants, the results obtained were that there was a significant correlation between the three components of love and romantic relationship satisfaction. The results of the study showed that romantic relationship satisfaction with intimacy was $r = 0.557$ ($p < 0.05$). Romantic relationship satisfaction with passion was $r = 0.563$ ($p < 0.05$). Romantic relationship satisfaction with commitment was $r = 0.556$ ($p < 0.05$).

Table 1: Inter-Dimensional Correlation Matrix

	<i>Intimacy</i>	<i>Passion</i>	<i>Commitment</i>	Satisfaction in Relationships
<i>Intimacy</i>	1			.557**
<i>Passion</i>		1		.563**
<i>Commitment</i>			1	.556**
Satisfaction in Relationships	.557**	.563**	.556**	1

Note: **: significant at the 0.01 level

This research aims to test the relationship between the triangular theory of love (intimacy, passion, and commitment) and satisfaction in romantic relationships. The results of hypothesis testing show that the three components of the triangular theory of love have a relationship with satisfaction in romantic relationships. The results of hypothesis testing show that there is an intimacy relationship. and romantic relationship satisfaction of $r = 0.557$ ($p < 0.05$). Furthermore, there is a relationship between passion and romantic relationship satisfaction of $r = 0.563$ ($p < 0.05$). Furthermore, there is a relationship between commitment and romantic relationship satisfaction of $r = 0.556$ ($p < 0.05$). The results of this research are in line with research by Sternberg (1986) which states that the components of intimacy, passion, and commitment are related to satisfaction in romantic relationships. The results of further research show that as many as 56.1% of subjects experienced satisfaction in a relationship with a partner, and as many as 63.6% of subjects hope to take the relationship they are in to the stage of marriage.

Intimacy is related to satisfaction in romantic relationships, because the higher the intimacy, the subject will experience more satisfaction in the relationship with their partner. Intimacy makes the subject have emotional attachment and closeness to their partner. Emotional closeness to your partner, such as listening without judgment, not objecting or opposing your partner's feelings and needs, but accepting them and affirming their validity, and encouraging your partner to express their feelings, will make your partner feel heard and understood. Passion is related to satisfaction in romantic relationships, because the higher the passion, the subject will experience more satisfaction in the relationship with their partner. Couples who are attracted to their partner will engage in physical touch or have a need to be close and spend a lot of time with their partner. Physical touch is a sign that we pay attention and are interested in our partner, for example providing physical touch such as looking into the eyes of the person we are talking to when communicating, touching, and holding hands when walking. When your partner is given attention, your partner will feel loved and special.

Commitment is related to satisfaction in romantic relationships, because the higher the commitment, the subject will experience more satisfaction in the relationship with their partner. Commitment is an agreement or form of responsibility in the form of repeated guarantees that

show that we will pay attention, understand, respect, respect and love our partner. Partners feel respected when they respond by recognizing and prioritizing their rights, hopes and needs. Take his thoughts and feelings into account. According to (Cassepp-Borges et al., 2023) passion has the highest relationship because the passion component is the component that develops the fastest at the beginning of a relationship, just like the opinion of research subjects who said that they were physically attracted to their partner, such as their face, height, weight, hair style, etc. Passion is also closely related to the intimacy component, because the subject not only has a physical attraction to the partner, but also an interest in non-physical aspects such as emotional closeness, compatibility of traits and character with the partner, mutual understanding, loyalty and trust. This shows that intimacy and passion are aspects that are interrelated with each other.

Passion makes a partner interested in establishing deeper emotional closeness with their partner. When a partner is physically and emotionally attracted to their partner, the couple will try to maintain the relationship for a long period of time. So that a long-term commitment is created in the relationship.

CONCLUSIONS AND RECOMMENDATIONS

The conclusion of this research is that the components of intimacy, passion and commitment are proven to have a positive relationship with satisfaction in romantic relationships with partners, meaning that the higher the components of intimacy, passion and commitment, the higher satisfaction in romantic relationships with partners. On the other hand, the lower the components of intimacy, passion and commitment, the lower the satisfaction in romantic relationships with a partner. The passion component has the greatest contribution to satisfaction in a couple, followed by intimacy and commitment.

Theoretical Suggestions

Suggestions that can be given for further research are to try to examine similar research with dyadic participants, so that we can understand both sides of the individual and their partner. Second, future researchers can examine factors that moderate or mediate the triangular theory of love and satisfaction variables in romantic relationships, such as attachment and perceptions of shared goals (perceived goal sharing). Third, future research can also carry out similar research by considering the additional number of respondents, and differences in couple characteristics such as differences in religion, level of education, age, and differences in background, or certain characteristics so that the results of the research will show more clearly that satisfaction in relationships Romance is not only measured by similarities in characteristics, but there is a component of love that can unite all the differences between an individual and his partner.

Practical Advice

For individuals who are in a romantic relationship with a partner, always increase the three components of love in the relationship, namely the components of intimacy, passion and commitment. Based on the research results, it shows that initially couples enter into a romantic relationship because they are physically attracted to their partner, so it is hoped that each individual will pay more attention to their physical appearance by looking and dressing neatly and cleanly, keeping their face and self clean, keeping their body in good shape. healthy and ideal, and so on. Furthermore, apart from the aspect of passion or physical attraction which creates physical closeness, research results show that emotional closeness with a partner will make an equally big contribution to satisfaction in the relationship with the partner. So that

partners can give each other attention, understanding, and listen empathetically in order to have better conflict resolution, and always maintain a harmonious relationship with their partner.

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