

Hubungan antara romantic self efficacy dan kualitas hubungan romantis pada dewasa muda yang berpacaran jarak jauh = The correlation between romantic self efficacy and romantic relationship quality among young adult in long distance dating relationship

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Abstrak

Penelitian ini dilakukan untuk mengetahui hubungan antara romantic self-efficacy dan kualitas hubungan romantis pada dewasa muda yang berpacaran jarak jauh. Romantic self-efficacy didefinisikan sebagai keyakinan yang dimiliki individu akan kemampuannya sebagai pasangan untuk dapat terlibat dalam perilaku spesifik dalam hubungan romantis dan merespon secara efektif terhadap tuntutan tugas-tugas yang terdapat pada hubungan romantis. Kualitas hubungan romantis didefinisikan persepsi individu terhadap sejauh mana hubungan yang sedang dijalani memberikan atau tidak memberikan manfaat melalui pengalaman dan interaksi. Pengukuran romantic self-efficacy menggunakan alat ukur Self-Efficacy in Romantic Relationship (SERR) yang disusun oleh Riggio, Weiser, Valenzuela, Lui, Montes, dan Heuer (2011). Pengukuran kualitas hubungan romantis menggunakan alat ukur Partner Behavior as Social Context (PBSC) oleh Ducat dan Zimmer-Gembeck (2010). Partisipan penelitian berjumlah 490 individu usia dewasa muda yang sedang berpacaran jarak jauh. Melalui teknik statistic Pearson Correlation, diketahui bahwa terdapat hubungan positif antara romantic self- efficacy dan kualitas hubungan romantis yang signifikan.

This research was conducted to find the correlation between romantic self- efficacy and romantic relationship quality among young adulthood currently in a relationship. Romantic self-efficacy defined as beliefs in one`s capabilities as a relationship partner to engage in specific romantic relationship and responding effectively to demands in romantic relationship. Romantic relationship quality defined as positive or negative beliefs about one`s capabilities as a relationship partner to involve in specific actions in romantic relationship and to responses effectively toward task demands in romantic relationship. Romantic self-efficacy was measured using an instrument named Self-Efficacy in Romantic Relationship (SERR) made by Riggio, Weiser, Valenzuela, Lui, Montes, dan Heuer (2011). Romantic relationship quality was measured using an instrument names Partner Behavior as Social Context (PBSC) made by Ducat and Zimmer-Gembeck, 2010). Participants of this research were 490 young adulthood currently in a long-distance dating relationship. The Pearson Correlation indicates positive significant correlation between romantic self-efficacy and romantic relationship quality.