

# HUBUNGAN ANTARA *RELATION SAVORING* DENGAN *TRUST* PADA DEWASA AWAL YANG MENJALANI *LONG DISTANCE RELATIONSHIP*

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## ABSTRAK

*Pacaran jarak jauh lebih memiliki persoalan kompleks dibanding dengan pacaran jarak dekat, karena semakin besar jarak maka akan semakin besar hambatan dan tantangan yang akan dihadapi. Pasangan yang menjalani hubungan pacaran jarak jauh cenderung dilanda stres, depresi, dan feeling blue karena banyak kebutuhan emosional yang tidak tercapai. Rasa percaya kepada pasangan dapat diciptakan atau bahkan diperkuat melalui Relation Savoring. Penelitian ini bertujuan untuk mengetahui hubungan antara Relation Savoring pada dewasa awal yang menjalani Long Distance Relationship. Metode penelitian yang digunakan adalah kuantitatif dengan metode pengumpulan data menggunakan skala Relation Savoring dan Skala Trust yang dikembangkan oleh peneliti. Skala Relation Savoring disusun berdasarkan aspek-aspek yang dikemukakan oleh Bryant & Verrof (2007) sebanyak 20 aitem sedangkan untuk skala Trust disusun berdasarkan aspek-aspek yang dikemukakan oleh Rempel (1985) sebanyak 31 aitem. Penelitian ini mendapatkan 134 subjek dengan rentang usia 20 hingga 30 tahun. Jumlah responden laki-laki sebanyak 27 responden dan perempuan sebanyak 107 responden. Hasil penelitian menunjukkan responden memiliki Relation Savoring tinggi ada 12,7%, sedang ada 78,4% dan rendah ada 9%. Sedangkan responden yang memiliki Trust tinggi ada 99,3%, sedang ada 0,7% dan rendah ada 0%. Hasil uji Pearson Product Moment menunjukkan bahwa Relation Savoring dengan Trust pada dewasa awal yang menjalani Long Distance Relationship memiliki nilai signifikansi sebesar  $0,000 < 0,05$ . Artinya terdapat hubungan yang signifikan antara Relation Savoring dengan Trust pada dewasa awal yang menjalani Long Distance Relationship.*

**Kata Kunci:** Hubungan, Relation Savoring, Trust

# THE RELATIONSHIP BETWEEN RELATION SAVORING AND TRUST IN EARLY ADULTS THROUGH LONG DISTANCE RELATIONSHIPS

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## ABSTRACT

*Long distance dating has more complex issues than close distance dating, because the greater the distance, the greater the obstacles and challenges that will be faced. Couples who are in a long-distance relationship tend to be hit by stress, depression and feeling blue because many emotional needs are not being met. Trust in your partner can be created or even strengthened through Relationship Savoring. This research aims to determine the relationship between Relationship Savoring in early adults who are undergoing Long Distance Relationships. The research method used is quantitative with data collection methods using the Relationship Savoring scale and Trust Scale developed by researchers. The Relationship Savoring scale is structured based on the aspects put forward by Bryant & Verrof (2007) with 20 items, while the Trust scale is based on the aspects put forward by Rempel (1985) with 31 items. This study obtained 134 subjects with an age range of 20 to 30 years. The number of male respondents was 27 respondents and 107 female respondents. The research results showed that respondents had a high relationship saving of 12.7%, medium of 78.4% and low of 9%. Meanwhile, there were 99.3% of respondents who had high trust, 0.7% with medium trust and 0% with low trust. The results of the Pearson Product Moment test show that Relationship Saving with Trust in early adults undergoing Long Distance Relationships has a significance value of 0.000 <0.05. This means that there is a significant relationship between Relationship Saving and Trust in early adults who are in a Long Distance Relationship.*

**Keywords:** *Relation, Relation Savoring, Trust*