

The Relation between Love and Trust towards Married Couples in Makassar

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Abstrak

Rasa cinta merupakan komponen penting dalam hubungan pernikahan. Rasa cinta pasangan suami istri melemah karena beragam peristiwa buruk yang terjadi dalam pernikahan. Penelitian mempunyai tujuan untuk mengetahui hubungan antara rasa cinta dengan rasa percaya pada pasangan suami istri di Kota Makassar. Metode yang digunakan dalam penelitian ini yaitu metode kuantitatif. Subjek dalam penelitian ini sebanyak 101 orang yang berstatus sebagai suami atau istri, dan berdomisili di Kota Makassar. Teknik analisis datayang digunakan adalah analisis korelasi Spearman rho. Hasil penelitian ini menunjukkan bahwa besarnya nilai signifikan $p = 0,000$ ($p < 0,05$), dan besar nilai koefisien korelasi sebesar $r = 0,763$. Dengan demikian, ada hubungan antara rasa cinta dengan rasa percaya pada pasangan suami istri di Kota Makassar. Penelitian ini memberikan kontribusi pada bidang psikologi, khususnya bagi psikologi keluarga, terkait rasa cinta dan rasa percaya pada pasangan suami istri.

Kata Kunci: Istri, Rasa Cinta, Rasa Percaya, Suami.

Abstract

The love is an important component in any marital relationship. The love of married couples weakens due to various bad events that occur in marriage. The purpose of this study was to determine the relationship between love and trust in married couples in Makassar City. This research uses quantitative methods. The subjects in this study were 101 people who are husband or wife, and live in Makassar City. Data analysis used Spearman rho correlation analysis. The results of this study indicate that the significant value is $p = 0.000$ ($p < 0.05$), and the value of the correlation coefficient is $R = 0.763$. Thus, there is a relationship between love and trust in married couples in Makassar City. This research contributes to the field of psychology, particularly family psychology, related to love and trust in married couples.

Keywords: Wife, Love, Trust, Husband.

BACKGROUND

Marriage is a desire for anybody who wishes to enter family life. A married person wants a family that runs in harmony and is always blessed by God Almighty. As cited in Marriage Law No. 1 of 1974 article 1, marriage is a bond between individuals as husband and wife fostering a happy and eternal household (Walgito, 2017).

According to the annual report of the Ministry of Religious Affairs Makassar, the divorce rate has risen from year to year. It claimed that there were 1928 divorces in 2016, with 455 talaq divorces and 1473 judicial divorces. In 2017, there were 707 divorces, with 529 talaq divorces and 1478 judicial divorces. In 2018, there were 2139 divorces, with 566 talaq divorces and 1573 judicial divorces. Divorce cases surged from 2016 to 2018, according to this data.

Based on the researcher's interviews with three female informants, the three interviewees had a 2-4 years marriage period. Three interviewees admitted that they got married because they were dating and felt love for their partner. Three interviewees also revealed that they wanted a divorce from their husbands due the problems in the household, such as economic problems, incompatibility problems, and communication problems that were no longer good. Three informants also admitted that currently, the trust in their partner is no longer there. The sense of trust began to decrease since there were

problems in their household, and they also felt that their husband could not maintain their responsibilities as the head of the family. The subject feels that their love and trust have been lost, and they feel disappointed in their partner. Ju, et al (2013) stated that individuals enter into marital relationships because of their motivations: love, friendship, legalizing sexual relations, forming a family chain, a sense of readiness to marry, legitimizing give and take relationships, and long-distance relationships. Based on this explanation, love is one of the motivations for individuals to get married. Sternberg (1998) stated that love is essential because it can bring happiness and fortune to a relationship.

Based on preliminary data using the Google form, it recorded 102 respondents in Makassar City, 53.9% were women (55 people), and 46.1% were men (47 people). The results of the preliminary data show that the individual reasons for getting married are 33% each because they promise each other to continue to the marriage level, 23% because of love, 18% similarity in character, 14% because of an arranged marriage, and 12% because of physical attraction. Based on these results, it can conclude that the highest reason for individuals to marry in terms of the Sternberg love component is a commitment or mutual promise to continue to the level of marriage.

Feist and Feist (2009) stated that love is a source of individual feelings formed from alienation and intimacy. Sternberg (1998) stated that love has three components: intimacy, passion, and commitment. Intimacy is closeness between individuals formed based on feelings of closeness, interest and connectedness that involve the desire to exchange ideas with others. Passion is a romantic relationship that includes sexual desire and intense psychological arousal for another individual. Commitment is an individual relationship related to maintaining his love through a commitment. Walgito (2017) categorizes that the first ten years as the initial phase of marriage.

A married couple in the first year of marriage is a phase to make adjustments to their new life. The phase of the beginning of the marriage is also a time for orientation that is carried out by the couple in more depth. Couples in the early stages of marriage are likely to feel jealousy, worry, and lack of trust. This is an attitude that should not exist in a relationship. Therefore, reduced trust in a partner will cause jealousy and lead to marital conflict, persistent problems, and improperly solving each other's problems. Simpson (2007) stated that trust is essential for developing and maintaining happy and well-functioning relationships.

Rampel, Holmes, and Zanna (1985) suggest three aspects of trust in a partner: predictability, dependability, and confidence. Predictable circumstances are individuals who can guess or know the behaviour carried out by partners through interactions carried out with partners, past experiences, and the learning process during a relationship. The state of being reliable is the trust that the individual can place in the partner. Couples can evaluate quality characteristics with a responsive attitude. Confidence is a form of confidence in individuals that partners can hold commitments and are not afraid to take risks to make decisions in the future.

Based on preliminary data, it recorded 102 respondents in Makassar, 53.9% were women (55 people), and 46.1% were men (47 people). The initial data results show that the factors that increase trust in partners are 94% because of love for a partner and 6% because of good communication. Based on the explanation above, it is concluded that love significantly influences trust in partners. The researcher also took initial data using a trust instrument from 50 respondents (22% men and 78% women). It indicates 74% (37 people) believed that their partners continued to carry out their roles well in the marital relationship, and 26 % (13 people) were unsure. The 62% (31 people) stated that the expectations for their partner had not been realized, and 38% (19 people) have realized. The 52% (26 people) stated that there was no mutual understanding in a marital relationship, and 48% (24 people) stated mutual understanding.

Furthermore, 52% (26 people) stated that their partner was not responsive to their problems and needs, and 48% (24 people) were responsive. 60% (30 people) stated they believed their partner could keep their marriage commitments, and 40% (20 people) were unsure. 62% (31 people) stated that their partner dared to take risks to support him, and 38% (19 people) indicated they did not dare. Based on these data, it concluded that there are aspects of trust that are still low, which is the aspects of a reliable situation, refers to the couple's expectations, understanding each other, and being responsive to problems and needs. Based on the background described above, this research aims to determine the relationship between love and trust in married couples in Makassar City. Thus, the hypothesis in this research that is, there is a relationship between love and trust towards married couples in Makassar City.

METHOD

The dependent variable in this study is trust. Trust in this study is the belief and expectation of the partner's actions that show loyalty, integrity, and the individual's ability to develop and maintain a happy relationship. This study has an independent variable, which is love. Love is an emotion shown by individuals in the form of attention, affection, liking, and the desire to form a relationship closer and more serious. The population of this study is individuals who are married and live in Makassar City. This study uses purposive sampling as the sampling technique. Purposive sampling is the selection of a sample that is determined based on specific considerations. The subject's characteristics are husband or wife in 1-10 years marriage and reside in Makassar City. This study uses a data collection technique of trust and love scale, which was made by the researcher using the aspect of trust and the component of love. The trust scale consists of 28 items, and the love scale consists of 47 items after the trial process and discrimination power has been carried out.

The two scales of this study were previously validated using rational analysis by competent experts. Testing the content of the measuring instrument used in the study is Aiken's V formula to know the value of the content-validity coefficient. The V value for 60 items for the love variable and 28 items for the trust variable moves from 0.83 to 1. The expert validator provides a range of valid levels of content validation, according to the findings of Aiken's analysis V. The reliability results for the love scale consist of 47 items, obtaining an alpha value of 0.965, and the confidence scale composed of 28 items, bringing an alpha value of 0.928. The analysis technique used in this research is descriptive data and hypothesis testing. The hypothesis test used is Spearman rho correlation analysis with the help of the SPSS 23.0 for the windows program for further calculations.

RESULT AND DISCUSSION

Result

This study consisted of 101 subjects divided into men and women undergoing a marriage relationship in Makassar City and had a 1-10 years marriage.

Table 1. Description of the number of subjects by gender

Gender	Frequency	Percentage (%)
Men	30	29,703%
Woman	71	70,297%
Total	101	100

The table above shows that the 30 subjects (29.703%) are men, and 71 subjects (70.297%) are women.

Table 2. Description of the empirical data of Trust

Variable	Empirical			
	Min	Max	Mean	SD
Trust	59	109	87,168	11,732

The table above shows that the trust scale has 59 as the lowest score and 109 as the highest score. 87.168 is the mean score, and 11.732 is the standard deviation.

Table 3. Categorization and interpretation of trust scores

Interval	Frequency	Percentage (%)	Range
99>	17	16,832%	High
76-98	70	69,307%	Medium
0-75	14	13,861%	Low
Total	101	100	

The table above shows that the research subjects who obtained a high level of trust were 17 subjects (16.832%). The subjects with a medium range of trust were 70 subjects (69.307%). Meanwhile, subjects with a low range of trust were 14 subjects (13.861%).

Table 4. Description of the empirical data of love

Variable	Empirical			
	Min	Max	Mean	SD
Love	117	182	150,69	17,53

The table above shows that the love scale has 117 as the lowest score and 182 as the highest score. 150.69 is the mean score, and 17.53 is the standard deviation.

Table 5. Categorization and interpretation of love scores

Interval	Frequency	Percentage (%)	Range
169>	20	19,802%	High
134-168	66	65,347%	Medium
0-133	15	14,851%	Low
Total	101	100	

The table above shows that there are 20 subjects (19.802%) with high range of love. Subjects with the medium range of love were 66 subjects (65.347%), and the low range of love was 15 subjects (14,851%).

Table 6. Hypothesis test results

Variable	r	p	Interpretation
Love and Trust	0,736	0,000	Significant

The table above shows that the results of the correlation analysis between the variables of love and trust are $r = 0.736$, a significant value of $p = 0.000$. This study shows a significant value below 0.05 ($p < 0.05$), meaning that H_a is accepted and H_0 is rejected. Thus, a significant value of $p = 0.000 < 0.05$ means a significant relationship between love and trust towards marriage couples in Makassar City. In addition, the correlation coefficient value of 0.736 is positive, which means that there is a significant unidirectional relationship between love and trust in marriage couples in Makassar City. The correlation coefficient value shows between 0.000 to +1,000, indicating a strong significant relationship between the variables of love and trust.

Discussion

The trust variable was recorded for as many as 101 respondents based on the overall categorization of the data. There were 17 subjects who gained a high range of trust (16.832%). There were 70 subjects with a medium range of trust (69.307%). In the meantime, 14 individuals had a low range of trust (13.861%). According to Simpson (2007), trust is necessary for creating and maintaining delightful and stable relationship.

The trust is essential in intimacy and sensitivity, which is firmly based on honest behavior shown by partners (Sadarjoen, 2005). However, trust is related to honesty and how partners show a responsible attitude in a relationship. There is an aspect of trust, which is specific dynamics of interaction between couples in marriage, and overall determines the continuity of the marriage. Rampel, Holmes, and Zanna (1985), in their research, stated that trust is closely related to the steps used by individuals so that relationships with partners can achieve success and happiness.

According to Rampel, Holmes, and Zanna (1985), great trust in individuals leads to a tolerant and positive attitude. This attitude makes individuals feel confident that their partner will give whole love and attention. Individuals who have low trust will feel convinced that their partner will behave in a way that is not per their expectations, so they think they do not get the love of their partner. Trust is high or low depending on the attitude and behavior of the partner so that individuals can evaluate the partner's behavior related to the quality and worthiness of the partner being maintained. In their research, Florentina, Musawwir, and Irwana (2020) stated that wives who work and have high gratitude and trust would also have high marital commitment. Meanwhile, with low appreciation and trust, then the marriage commitment is also low. Pratama (2016) stated that high trust in the wife would also lead to high marital satisfaction; conversely, low trust in the wife results in low marital satisfaction.

The data of 101 subjects' categorization of love shows that there are 20 subjects (19.802%) with a high range of love. Subjects with the medium range of love were 66 subjects (65.347%), and the low range of love was 15 subjects (14,851%). Gottman and Gottman (2017) stated that love is a form of emotion between individuals united in a committed relationship and not related to sexual orientation. According to Niswati (2011), high rates of love in married couples boost the amount of marital peace.

That love plays a vital role in a relationship because love for the individual gives happiness (Sternberg, 1998). The three components of love in a relationship are intimacy, passion, and commitment. Putri (2019) stated that individuals with a strong desire for partners would have high satisfaction of romantic relationships with their partners. Sternberg (1998) stated that an increased desire for individuals will encourage individuals to maintain physical closeness with their partners. Therefore, it will cause a feeling of happiness because it gets special treatment from a partner. Meanwhile, individuals with low desire categories will be indifferent to their partners and do not form a romantic relationship, have no physical and sexual attraction to their partners and have no effort to make their partners happy and satisfied. Indriastuti and Nawangsari (2014), in their research, explain that love in the desire aspect will tend to be high in relationships with a close-range of (0-10 years) marriage period, while the level of desire tend to be low is above 11 years marriage period.

The results of hypothesis testing in this study using Spearman rho analysis showed that the correlation value between love and trust was $r = 0.736$, and a significant value was $p = 0.000$. This value indicates a significant positive relationship between love and trust in marriage couples in Makassar City. Thus, the hypothesis in this study is accepted. Rampel, Holmes, and Zanna (1985) stated that trust could give quality in interpersonal relationships related to love and promises that will lead to the ideal relationship. This is linked with Pratamasari's research in 2016, showing that the commitment love component is included in things that could increase trust in partners to maintain good relationships and avoid unwanted things. Florentina, Musawwir, and Irwana (2020) stated that a high trust in a working wife would have a high marital commitment, while a low trust in a working wife would have a low marital commitment as well. Aiyuda (2017), in his research, states that there is a positive relationship between commitment and intimacy with trust. The stronger the intimacy and loyalty to someone with positive values, the more trust the husband has. The wife's level of trust in her husband, whether low or high, is related to her level of commitment and closeness she possesses.

CONCLUSION

Based on the findings and discussion above, the researcher concludes that there is a relationship between love and trust towards married couples in Makassar. This research contributes to the field of psychology, particularly family psychology, related to love and trust in married couples.

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