

ABSTRAK

Pernikahan merupakan ikatan komitmen jangka panjang yang rentan mengalami penurunan kepuasan emosional seiring berjalannya waktu, yang seringkali dipicu oleh perselisihan dan kurangnya pemahaman afeksi antar pasangan. Untuk mempertahankan keharmonisan, pemahaman dan penerapan *love language* (bahasa cinta) menjadi aspek yang krusial dalam komunikasi suami istri. Penelitian ini bertujuan untuk mengetahui pengaruh *love language* terhadap kepuasan hubungan romantis pernikahan pada pasangan suami istri di Kabupaten Bekasi. Sampel penelitian berjumlah 135 responden pasangan suami istri dengan usia pernikahan minimal lima tahun yang dipilih menggunakan teknik *convenience sampling*. Analisis data menggunakan *software* SPSS. Hasil penelitian menunjukkan *love language* berpengaruh positif dan signifikan terhadap kepuasan hubungan romantis ($p < 0,001$ kontribusi 66,6%). Implikasi penelitian ini menunjukkan pentingnya pasangan suami istri untuk secara proaktif dan rutin memahami serta mempraktikkan *love language* guna memelihara kedekatan emosional, menekan potensi konflik, dan meningkatkan kualitas kepuasan dalam mengarungi kehidupan pernikahan.

Kata Kunci: *love language*, kepuasan hubungan romantis, pernikahan, pasangan suami istri



ABSTRACT

Marriage is a long-term commitment bond that is prone to experiencing a decline in emotional satisfaction over time, which is often triggered by disputes and a lack of affective understanding between partners. To maintain harmony, understanding and applying love languages has become a crucial aspect in the communication between husband and wife. This study aims to determine the effect of love language on marital romantic relationship satisfaction among married couples in Bekasi Regency. The research sample consisted of 135 respondents of married couples with a minimum of five years of marriage, selected using a convenience sampling technique. Data analysis used SPSS software. The results showed that love language has a positive and significant effect on romantic relationship satisfaction ($p < 0.001$ contribution 66.6%). The implication of this study highlights the importance for married couples to proactively and routinely understand and practice love languages to maintain emotional closeness, reduce potential conflicts, and improve the quality of satisfaction in navigating married life.

Keywords: love language, romantic relationship satisfaction, marriage, married couples

