

The Effect of Communication Intensity on Relationship Satisfaction in Long Distance Couples

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Abstract

This study aims to analyze the effect of communication intensity on relationship satisfaction among couples in long-distance relationships. The sample consisted of 184 respondents aged 18 to 25 years at the University of Muhammadiyah Gresik. According to Santrock, the age range of 18-25 is considered early adulthood, which is marked by identity exploration, transition to independence, and the development of deeper interpersonal relationships. This study used a quantitative approach with a simple linear regression design. The results of the analysis showed a strong significant relationship between communication intensity and relationship satisfaction, with a significant correlation value of 0.896 ($p < 0.01$). Reliability testing showed good consistency, with Cronbach's Alpha of 0.870 for communication intensity and 0.878 for relationship satisfaction. ANOVA analysis showed significant differences between respondent groups ($F = 18.0$, $p < 0.001$). Hypothesis testing revealed that communication intensity had a significant effect on relationship satisfaction ($F = 18.0$, $p < 0.001$), with an R^2 value of 0.32, indicating that 32% of the variation in relationship satisfaction can be explained by communication intensity. This finding supports the interpersonal communication theory, which emphasizes the importance of effective communication in building healthy relationships. This study provides valuable insights for couples in long-distance relationships, confirming that increasing communication intensity can contribute positively to relationship satisfaction.

Keywords: Communication Intensity, Relationship Satisfaction, Long Distance Relationship



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INTRODUCTION

In the current context of globalization, long-distance relationships (LDRs) are increasingly becoming a common phenomenon (Cohen-Mansfield, 1989; Kunik dkk., 2017). According to a recent study by the Pew Research Center (2021), around 14% of couples in the United States are involved in LDRs. This trend does not only apply to romantic couples, but also includes professional relationships and friendships (Juna dkk., 2022; Nakrošienė dkk., 2019). Although many couples feel strong love and attachment, they often face various challenges that can reduce satisfaction in the relationship.

One of the biggest issues is the intensity of communication. Research shows that ineffective communication can lead to misunderstandings, emotional distress, and feelings of alienation between partners (Pananakhonsab, 2016; Rosen dkk., 2015). Therefore, it is important to understand how high levels of communication can contribute to relationship satisfaction, especially among young adults involved in LDRs.

This study aims to investigate the relationship between communication intensity and relationship satisfaction among young adults involved in long-distance relationships (Symmank dkk., 2018; Wang dkk., 2023). Using a quantitative approach, data will be collected through a specially designed questionnaire distributed to 184 respondents from Universitas Muhammadiyah Gresik. The analysis will focus on identifying significant relationships, with the hope of providing valuable insights that can help couples deal with challenges in long-distance relationships.

RESEARCH METHOD

This study used a quantitative research design to investigate the relationship between communication intensity and relationship satisfaction among young adults involved in long-distance relationships (LDRs) (Ekklesia, 2024; Perino dkk., 2022). This design was chosen because it allows researchers to collect numerical data that can be analyzed statistically, thus producing objective findings that can be generalized to a wider population. In this context, the design used is a survey with a structured questionnaire as a data collection tool.

The target population in this study consisted of students of Universitas Muhammadiyah Gresik who are currently in a long-distance relationship (Charoensukmongkol & Sasatanun, 2017; Xu dkk., 2017). The sample was taken using a purposive sampling technique, where the selected respondents met certain criteria, namely being between 18 and 25 years old and having been in a long-distance relationship for at least six months (Rincón-Saravia dkk., 2024; Turki & Amara, 2017). A total of 184 respondents successfully completed the questionnaire, which was considered sufficient to provide a comprehensive picture of the intensity of communication and relationship satisfaction among students involved in long-distance relationships.

The data collection technique was carried out by distributing a questionnaire specifically designed for the purpose of this study (Conroy dkk., 2005; Petcu dkk., 2023). The questionnaire consists of two main parts: the first part contains questions about the intensity of communication, such as the frequency and quality of interaction between partners, while the second part contains questions regarding the level of relationship satisfaction (Barrachina dkk., 2022; Díaz & Flores, 2001). This questionnaire has been previously tested to ensure its validity

and reliability, making it a reliable tool for measuring the variables in question. In addition, the development of the instrument is based on existing literature and adaptation of measuring instruments that have been proven effective in previous studies.

After the data was collected, analysis was conducted using descriptive and inferential statistical techniques (Hecht dkk., 1974; Ruiz-Molina dkk., 2010). Descriptive analysis was used to describe the characteristics of the respondents, while inferential analysis, such as regression analysis, was used to test the proposed hypotheses regarding the relationship between communication intensity and relationship satisfaction (Conroy dkk., 2005; Shi dkk., 2025). The use of statistical software, such as SPSS, facilitates efficient data calculation and interpretation.

Overall, this study is expected to provide in-depth insights into how communication intensity affects relationship satisfaction among couples involved in long-distance relationships (Nie dkk., 2021; Sherwood, 2000). With a systematic and methodological approach, the findings of this study aim to contribute to the existing literature and provide practical guidance for couples in managing their relationships.

RESULTS AND DISCUSSION

This study was designed to analyze the effect of communication intensity (variable X) on relationship satisfaction (variable Y) among couples in long-distance relationships, involving 184 respondents from the University of Muhammadiyah Gresik (Buntinx, 2008; James dkk., 2022). Data were collected through a specially designed survey, including data cleaning steps to ensure that respondent criteria were met. Of the total respondents, one person was removed because he refused to complete the survey, and several others were removed because they did not meet certain criteria, resulting in 184 valid data used for analysis. The respondents in this study consisted of 184 men aged between 18 and 25 years ($M = 21.5$; $SD = 2.5$). Among them, 98.2% were single (not married), while 1.8% were divorced (Filice dkk., 2019; Othman & Antar, 2020). This demographic is very important because it is in line with Erik Erikson's developmental theory, which states that early adulthood is a critical period for individuals to form intimate relationships, where they are expected to build healthy and satisfying connections.

Correlation analysis was conducted to identify the relationship between variables X and Y. The results are presented in the table below:

Table 1:Correlation Analysis

Variable s	Correlatio n (r)	Significance (p) (2- tailed)
X and Y	0.896	< 0.01

The correlation value of 0.896 indicates that an increase in variable X is related to an increase in variable Y. The level of significance obtained ($p < 0.01$) indicates that this relationship is very significant and does not occur by chance (El-Haddad dkk., 2018; Zeng dkk., 2024). Reliability testing was conducted to ensure the consistency of the measuring instrument used in this study. The results are shown in the table below:

Table 2 :Cronbach's Alpha

Variables	Cronbach's Alpha
Variable X	0.870
Variable Y	0.878

Cronbach's Alpha for variable X is 0.870, while for variable Y it reaches 0.878. This shows that the measurement instrument has a good level of reliability. Descriptive statistics for variables X and Y provide an overview of the trend and distribution of the data. The results are presented in the table below:

Table 3 :Anova

Variable s	Average	Standard Deviation	Minimum	Maximum
X	35.7120	10.61604	17.00	64.00
Y	41.9076	11.05264	1.00	64.00

Analysis of variance (ANOVA) was conducted to identify differences between groups based on satisfaction, intensity, and communication variables. The results are presented in the table below:

Table 3 : Discussion Statistics

Source	Sum of Squares	df	Mean Square	F	Significanc e
Between Groups	1907	44	43.0	18.0	< 0.001
In Group	2235	140	15.9		

The ANOVA results showed that there was a significant difference between the groups ($F = 18.0$, $p < 0.001$). The results of the linear regression analysis showed that communication intensity had a significant effect on relationship satisfaction, with the following results:

- F Score: 18.0
- p-value: < 0.001
- R^2 : 0.32

The F value obtained was 18.0 with a p value <0.001 indicating that the null hypothesis can be rejected. This means that there is a significant effect of communication intensity on relationship satisfaction among couples in long-distance relationships (Nelson, 2022; Vijayasarathy & Robey, 1997). The results of this study indicate that communication intensity significantly affects relationship satisfaction, in line with psychological theories about interpersonal relationships. This study also reflects the importance of effective communication strategies in long-distance relationships.

The implications of these findings suggest that couples in LDRs should prioritize their communication efforts (Tsui dkk., 2012; Vimantaite & Seskevicius, 2006). This includes not only the frequency of communication, but also the quality and depth of conversation. Engaging in meaningful discussions can help reduce feelings of isolation and increase emotional connection (Schröder dkk., 2015; Versluijs dkk., 2021). When compared to previous research, such as ours, which found that constructive communication strategies lead to higher levels of satisfaction, this study reinforces the idea that communication is the foundation of relationship health, especially in challenging situations such as long-distance relationships.

While this study provides valuable insights, it is important to acknowledge its limitations. The sample was drawn from a single university, which may not be representative of the broader population of young adults in LDRs (Abedalqader dkk., 2019; Tsui dkk., 2012). Future

research should explore more diverse populations and consider longitudinal studies to assess how communication strategies evolve over time in LDRs.

CONCLUSION

Based on the results of the hypothesis testing, it can be concluded that there is a significant influence of communication intensity on relationship satisfaction among couples in long-distance relationships. It is recommended that couples undergo more intensive and effective communication to increase satisfaction in their relationships.

Couples should consider having regular check-ups, utilizing various communication platforms (video calls, instant messaging, etc.), and scheduling quality time together, even virtually, to maintain emotional closeness and strengthen their bond.

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