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### THE RELATION BETWEEN ROMANTIC SELF-EFFICACY WITH MARRIAGE SATISFACTION ON THE COMMUTER MARRIAGE WIFE

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#### ABSTRACT

The fact of marriage not always live together. This study aims to examine the relationship of romantic self-efficacy with marital satisfaction in wives undergoing commuter marriage type adjusting who have children. The phenomenon of commuter marriage is a marriage between a husband and wife who had previously been based on the commitment of the husband and wife living separately. The method of data collection uses the survey method. The instrument in this research uses the Self-Efficacy scale on romantic relationships arranged based on the marriage satisfaction theory by Fowers & Olson. The result of this study obtained a significant value between Self-Efficacy on the romantic relationship with marital satisfaction with a significance value of 0,000 (<0.05) and a correlation coefficient of 0.647. The conclusion when individuals have firm self-efficacy beliefs, and they also tend to have satisfaction with their relationships. This is then able to strengthen and improve their Self-Efficacy.

#### INTRODUCTION

Marriage is one of the development duties which everyone has during the stage of adulthood (Tyas, Herawati and Sunarti, 2017). Marriage is a relationship between man and woman which is recognized socially, the existence of a legal sexual relationship and child care, and in which there is

a clear division of labor relations for each party, either husband and wife (Setyawati, 2017). A couple of men and women in a marriage will form a new family for the lives of both of them (Chairy, 2000).

The individuals who are in a marital relationship have a chance to be able to live together as a couple of husband and wife. The fact is, not all married couples are able to live together. There are some of them who have to be faced with reality to be in a long-distance marital relationship. This long-distance marital relationship is also called commuter marriage, which is a marriage between husband and wife previously has been based on commitment in which each husband and wife must live separately due to certain factors, such as education and employment (Handayani, 2016).

Commuter marriage itself, according to Gross (1980), is divided into two types, which are adjusting and established types (Simatupang, 2017). The adjusting type is a long-distance marital relationship undertaken by married couples with a marriage age that is considered as new, which is 0-5 years (Maharani and Kinanthi, 2018). As for the established one is a type that is undertaken by a long-married couple with a marriage age > 5 years (Adi and Lestari, 2019). In the first year of marriage, love, and sexual desire are at the peak phase of pleasure (Khotimah, 2017).

A research by Kariuki (2004) found that 72% of respondents who are in a relationship with a long-distance marriage claim that their sexual needs are not fulfilled and feel emotionally distant, while 45% of them admit that there is an affair in their household (Afiffah, no date). Another negative impacts are the relationship between husband and wife is getting weak, the emergence of a sense of loneliness, the suspicion arises from friends and relatives, strained family ties, loss of opportunity to have children, frequent conflicts, until the occurrence of divorce (Wangi, Erlyani and Mayangsari, 2020)

The marital satisfaction on wife becomes the focus in this research: how is the interpretation of wife who undertakes commuter marriage? (McBride and Bergen, 2014). There is a lot of various research surveys found, including the research by Fowers (1991), which stated that a husband tends to feel more satisfied rather than the wife (Erlangga and Wideasavitri, 2018). The husband tends to feel unsatisfied in his marriage, but the wife, who is in the same position, tends to take a divorce rather than the previous party (Ramdani Wahyu, 2018).

The marital satisfaction studies in psychology stated that that satisfaction is correlated with self-efficacy of someone in the context of a romantic relationship, or it can be called as romantic self-efficacy (Weiser and Weigel, 2016). Self-efficacy is a theory developed by Bandura (1977) from the model of social cognitive theory. In the development research, self-efficacy these days is examined in the context of romanticism relationship. Based on the research of Weiser & Weigel (2016), it shows that the romantic self-efficacy is

related positively with the satisfaction of relationship (Weiser and Weigel, 2016).

This research is focused on the couples of commuter marriage with the adjusting type (young married couple). The adjusting type is the type of long-distance marital relationship undertaken by a new married couple, which is 0-5 years and who have not children yet or the contrary, but the children are still small (Rohmadhoni, 2016). The purpose of this study is to examine the relationship between romantic self-efficacy with marital satisfaction in wives undergoing commuter marriage type adjusting who have children.

## **LITERATURE REVIEW**

### **Wife**

The wife has another role besides being a life partner of her husband; she also becomes the mother of the child. The duties of a wife as a housewife are arranging all the needs of her children and husband, doing housework, and nurturing as well as educating the children (Putri and Lestari, 2016).

### **Commuter Marriage**

According to Rhodes (2002), this commuter marriage is also able to be explained as the life of a husband-wife who settles or lives in a different house (Indriyarti, Lestari and Psi, 2018). This concept also can be said as a long-distance marital relationship which is caused by several factors, which are job, education, health, safety, and special needs (Rubyasih, 2016). Commuter marriage is a state where the double-income professionals live separately because of the demands of their work (Lindemann, 2018).

### **Marital Satisfaction**

Marital satisfaction is one of the things which becomes the quality assessment aspect of marriage (Handayani, 2016). According to Hendrick & Hendrick (1992), marital satisfaction is the happiness that exists in a marriage (Herawati and Farradinna, 2017). The agreement is on the values contained in marriage, priorities, and also the rules that apply in there. Moreover, it is also the emotional involvement with children and other feelings, such as verbal expression as well as behaviour which becomes the characteristic of a relationship (Jiwandono, 2018).

This study uses the marital satisfaction theory from Fowers and Olson (1993) which stated that it is a form of subjective evaluation result about the conducted marital relationship related to the marital aspects (Maharti and Mansoer, 2018). Those aspects are personality, communication, activity in leisure time, religious orientation, conflict settlement, financial management, sexual orientation, children and childcare, the relationship with family and friends, as well as the role equality (Pasaribu and Nurmina, 2019).

### **Romantic Self-Efficacy**

The theory of self-efficacy is related to the role of a personal cognitive factor in the reciprocal process with events and behavior (Suwartini, 2016). Self-efficacy denotes someone's tenacity and perseverance determined by the assessment and expectations of the environment to be able to go through challenges and fulfill their duties (Rizki Noviawati, 2016). The theory of self-efficacy explains that if the individual beliefs in his/her own ability to achieve the desired result or expectation, then he/she will conduct an act intensively in facing any obstacle (Djauhari and Wardani, 2018).

### **The Relation between Self-Efficacy and Marriage Satisfaction**

Any individual who decides to do a marital relationship, including the commuter marriage, certainly wants to have a successful relationship by feeling a sense of pleasure and satisfaction to the marriage relationship being undertaken. In the marital satisfaction studies in psychology, that satisfaction is related with someone's self-efficacy in terms of a romantic relationship, or it is also called as romantic self-efficacy. This romantic self-efficacy is considered to emerge and affect the marital satisfaction on couples who undertake long-distance relationship, so that they may be able to survive and maintain the continuity of their married life (Fatmawati, Nurviani, and Ilham, 2018).

### **RESEARCH METHOD**

In this research, the researcher uses a quantitative approach. This quantitative emphasizes the numerical data analysis which is processed by the statistical method (Rony, no date). Based on its purpose, this type of research is the explanatory research type in which aims to explain and reveal the causal relationship between research variables in order to examine the previously formulated hypothesis (Siregar, 2013). The variable in this research is romantic self-efficacy and the variable Y is marital satisfaction. The technique of data collection used in this study is the survey method with the questionnaire.

The characteristics which have to be fulfilled in order to be able to get into the research population are as follows: (a) Woman, because they have a tendency to be less happy so that they ask for divorce than their husband (Rahmalia and Sary, 2017). (b) Living separately with the husband at least three days a week. (c) The marriage age is 0-5 years. This characteristic is chosen based on the adjusting type in the commuter marriage. (d) Having children because the wife feels more about the effects of the change in the transition to parenthood.

### **RESEARCH RESULT**

**Table 1.** The Result of Cross Tabulation in Variable of Marriage Satisfaction and Romantic Self-Efficacy

<b>Marriage Satisfaction</b>		<i>Romantic Self-Efficacy</i>			Total
		Low	Moderate	High	
Low		1	1	-	2

	Moderate	50%	50%	-	100%
		4	19	2	25
	High	16%	76%	8%	100%
		--	32	75	107
	Total	-	29,9%	70,1%	100%
		5	52	77	134
		3,7%	38,8%	57,5%	100%

Table 1 shows that the percentage of subjects with low marital satisfaction as well as low romantic self-efficacy by 50%, whereas the others have moderate romantic self-efficacy. Afterward, subjects with high marital satisfaction have a percentage of 70,1%. The subjects with high marital satisfaction do not have low romantic self-efficacy, but of 29,9% subjects with high marital satisfaction have moderate romantic self-efficacy.

**Tabel 2.** The Result of Correlation

		<b>Self-Efficacy in Romantic Relationship</b>	<b>Marriage Satisfaction</b>
<b>Self-Efficacy in Romantic Relationship</b>	<i>Correlation Coefficient</i>	1,000	0,674**
	<i>Sig. (2-tailed)</i>		0,000
	N	134	134
<b>Marriage Satisfaction</b>	<i>Correlation Coefficient</i>	0,674**	1,000
	<i>Sig. (2-tailed)</i>	0,000	
	N	134	134

\*\* The value of correlation significance level

Based on table 2, it shows that the number of subjects was 134 and showed that the romantic self-efficacy variable was positively correlated with marital satisfaction variables. This shows that the higher the level of romantic self-efficacy of someone, then the higher as well the level of marital satisfaction felt by him/her. The significance level of the two variables is 0,000, which means the correlation is significant because the significance level is  $<0.05$ . Afterward, the correlation coefficient between the romantic self-efficacy variable and the Marital Satisfaction variable is 0.674 which indicates that both variables have a high correlation power. Hence, from that result of correlation test, it can be said that the accepted hypothesis indicates that there is a relation between romantic self-efficacy with marital satisfaction.

## DISCUSSION

The aim of this study is to examine the relationship between romantic self-efficacy with marital satisfaction in wives undergoing commuter marriage type

adjusting who have children. Afterward, the research with a total subject of 134 wives who are undergoing commuter marriage or commonly known as long-distance marriages is conducted.

From the obtained data after the correlation test towards two variables, the research hypothesis about the relation between self-efficacy with that marital satisfaction is proven significantly with high correlation power. It is proven by a significance value of 0,000 which is smaller than 0.05. Moreover, the correlation power between the two variables of 0.674 which positively shows that there is a positive direction in the high category. Thereby, it can be declared that the hypothesis proposed in this study is accepted, which is there is a relationship between romantic self-efficacy with marital satisfaction in wives who are undergoing commuter marriage or commonly known as long-distance marriages is conducted.

The perception that oneself is able to be a competent partner in undergoing a romantic relationship is able to deal with problems in the relationship being lived relating to feeling more satisfied with the relationship that has been lived (Baker and McNulty, 2019). When an individual has a firm belief of self-efficacy, they will have a tendency as well towards satisfaction on their relationship which is later able to strengthen and improve their self-efficacy (Ramezani et al., 2020). The cognitive process in self-efficacy becomes a factor of marital satisfaction determined from the factor if the interpersonal cognitive process (Martina, 2018).

Besides that, the satisfaction dynamic in commuter marriage is also affected by the long-distance marriage, which is in line with the research by Sandow (2019). In this research, 49,3% of subjects have the decision to undertake commuter marriage with their partner before marriage and dan 50,7% of them just decided that after they got married to their husband (Sandow, 2019). Another research from Lindeman (2017) stated that although the married couples position themselves as individualistic, however they are actually interdependent (Lindemann, 2017).

## **CONCLUSION**

Based on the obtained data result, there is a positive relationship between romantic self-efficacy with marital satisfaction in wives who undertake commuter marriage of adjusting type who have children. It shows that the individual perception towards self ability in facing and responding challenge and duty in a romantic relationship is correlated with the evaluation of self subjectivity towards marital aspects which are undertaken. The perception that oneself is able to be a competent partner in undergoing a romantic relationship is able to deal with problems in the relationship being lived relating to feeling more satisfied with the relationship that has been lived. When an individual has a firm belief of self-efficacy, they will have a tendency as well towards satisfaction on their relationship which is later able to strengthen and improve their self-efficacy.

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