

Dynamics of Long-Distance Relationship Communication Between Husband and Wife in Maintaining the Marriage

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Abstract. Getting married and living a married life of course have the same desire, namely wanting to have a happy and harmonious household because marriage can make a person's life happier. Life in marriage can be done in two ways, namely long-distance marriage (commuter marriage) or living in one house (proximal marriage). Long-distance marriage is a man or woman in a marriage who has two careers, where each has a desire to maintain the marriage but voluntarily chooses to keep a career so that the couple feels a strong commitment. In addition, economic needs require that one of them be placed in a different place and far away. Long-distance relationships are usually prone to conflict, due to limited time to meet, poor communication, misunderstandings, and so on. So that a household that adopts the long-distance concept often looks inharmonious because of the lack of intensity in the meeting, so it becomes the cause of vulnerability to conflict. The method used in this study is qualitative, informant collection techniques using purposive sampling, data collection techniques: interviews, participatory observation, and documentation. Data analysis techniques use interactive analysis and test the validity of the data by means of triangulation. The results of the study describe the dynamics of long-distance relationship communication between husband and wife in maintaining a marriage and long-distance communication strategies used by husband and wife in maintaining a marriage.

Keywords: Dynamics; Communication; Strategy; Long Distance Relationship; Marriage

1 Introduction

Starting from family, the fabric of love, affection, mutual understanding, and respect will be established. Therefore, noble intentions and goals from an early age begin with marriage. Marriage is needed in order to form a *sakinah* and harmonious family.

The family is the first social group in human life where a person learns and declares himself as a social human being, in interaction with his group. The family in its pure form is a social unit consisting of a father, mother, and children.

In this, the family can be understood as a small community, which at least consists of a husband and wife as the main source along with the children born to them. In other words, it can be said that the family is a husband and wife couple who have children or not at all. The purpose of this friendship is to form a family that is *Mawaddah Wa Rahmaah* or called a

harmonious family. A family can be said to be harmonious if it is full of harmony, harmony, and an intimate relationship between husband and wife and their children based on love and affection. In order to realize a harmonious family, each party must be able to carry out their respective duties and responsibilities according to their functions.

A harmonious family is the dream of every human being in navigating the household ark. An expression conveyed by the prophet Muhammad SAW "my house is my heaven" should be applied in a way.

One of the important points in realizing this expression is communication. Family communication has many aspects as elements that form the creation of harmonious relations for all communication participants who are in it. It is undeniable, in general, humans in life use communication to interact both individually with other individuals, as well as individuals with groups and so on. Communication can be in the form of verbal communication and non-verbal communication. All communication audiences have a role in providing color and influence for the creation of warm and comfortable family member relationships.

In a real family, communication is something that must be fostered, so that family members feel a deep bond and need each other. According to Rae Sedwig, family communication is an organization that uses words, gestures, voice intonation, actions to create image expectations, express feelings and share mutual understanding.

Problems are sometimes present and must be faced by every married couple. One of the problems that often occur in marriage is the problem of work where husband and wife have different places of work so that each husband and wife must live far apart. This resulted in the relationship being built in the form of a long-distance relationship. The importance of a career by each individual in this husband-wife relationship is the basis for the emergence of long-distance relationships carried out by husband and wife themselves. In addition, economic and educational factors require husband and wife to establish long-distance relationships.

A long-distance marriage relationship is a condition where there is a man or woman in a marriage who has two careers, and each has a desire to maintain the marriage but voluntarily chooses to maintain a career so that the couple feels a strong commitment.

The separation that occurs in husband and wife is based on work factors or family economic conditions. Some jobs are far from facilities and infrastructure, causing not all jobs to be able to bring their families to the city where they work. This work with separate conditions is like the beginning of a long-distance marriage relationship. Couples who feel the conditions of long-distance marriage are not easy to live with, because one of the partners will feel lonely and feel bored if there is no desire to get together.

The condition of couples who undergo a long-distance marriage relationship, husband and wife will usually experience a crisis in their proximity due to their different geographical distances and locations. Intimacy or closeness that is maintained through communication tools can also trigger fights, fights can arise because of differences in perception during communication. According to Dewi, intimacy has the meaning of personal attachment to another individual, where the couple shares their deepest thoughts and feelings with each other. Interpersonal (intimate) relationships are relationships that have emotional closeness between two or more people, such as friends, lovers, friends, which may or may not involve intimacy either physically or sexually. An interpersonal relationship develops more deeply and there is a commitment in it to maintain the relationship.

Long-distance relationships are usually prone to conflict, due to limited time to meet, poor communication, misunderstandings, and so on. So that a household that adopts the long-distance concept often looks inharmonious because of the lack of intensity in the meeting, so it becomes the cause of vulnerability to conflict.

Cangara [1] reveals that good communication will produce good bait as well. Communication is needed to regulate the social relations between humans because communicating well will have a direct influence on the balance structure of a person in society. By doing interpersonal communication, we can improve human relations between the communicating parties. In social life, a person will get convenience in his life because he has many friends. Through interpersonal communication, we can also try to build good relationships, so as to avoid and overcome conflicts between us, whether with neighbors, office friends, or with other people [1]. Therefore, researchers are interested in researching and exploring "The Dynamics of Long-Distance Relationship Communication between Husband and Wife in Maintaining Marriage".

2 Literature Review

2.1 Family and Communication

Family and Communication Communication that occurs in the context of the family is stated by Fitzpatrick in his book entitled *Between Husband and Wives: Communication in Marriage* abstracted by Morris. The way of thinking of family members is seen as relational schemas. According to Fitzpatrick, family communication is not random but highly patterned based on certain schemas that determine how family members communicate with each other. Meanwhile, seen from the scheme, communication in a family there are a number of certain orientations in the act of communication. In this study, two types of communication schemes will be presented, namely conversation orientation and conformity orientation. Conversation orientation is that families who have a high conversational scheme will always love to talk. Families with low conversational schemes tend to spend less time together to converse among family members, while obedience orientation is that families with high compliance schemes have children who tend to hang out with their parents often. The second theory that underlies family communication is the learning theory.

2.2 The basic assumption of Social Learning

The theory is that humans learn behavior through an ongoing process. The focus is on positive or negative reinforcement of the role, which gives rise to behavior, reactions that occur, changes that occur, and so on. Imitating the model is the next process related to the existence, liking, and power of the model itself. Humans learn to behave in a way that is considered appropriate with its own label. According to Miller and Dollard in Sarlito there are four principles in learning, namely drive, cue, response, and reward. All of these are related to each other and are interchangeable.

2.3 Social Learning Theory

Social Learning Theory states that gender is a reliable measuring tool in analyzing social behavior under the following conditions: the situation that occurs expects behavior that is in accordance with gender (according to roles that have been determined in general). The opportunity has different abilities according to each gender, and there are different consequences for women and men for their speech and behavior.

2.4 Interpersonal Communication

Interpersonal Communication Interpersonal communication is also defined as communication between two or more individuals. This communication can take place face to face (face to face communication). But it can also take place using assistive devices such as telephones, letters, telegrams, and others [2].

The function of interpersonal communication according to Cangara [2] is trying to improve human relations, avoiding and overcoming personal conflicts, reducing uncertainty about something, and sharing knowledge and experiences with others. Interpersonal communication has a relationship with interpersonal relationships, where communication runs effectively. The characteristics of the effectiveness of interpersonal communication according to Joseph A DeVito in Fajar [3] are divided into 2 perspectives. The first is humanistic which includes: openness, supportive behavior, positive behavior, empathy, and equality. The second perspective is pragmatic which includes: being confident, togetherness, interaction management, expressive behavior, and orientation to others.

2.5 Long-Distance Relationship

Long Distance Relationships Personal relationships or personal relationships are where people disclose information to each other and try to meet each other's personal needs. Husband and wife in their relationship always express each other's personal side of things that exist from him.

Private domains that are not known to others but are known to their partners. The context of this built relationship is known as a personal relationship. Personal relationships between two individuals are not only intertwined closely but also far apart which is known as a long-distance relationship. Some people have long-distance relationships (LDR) for reasons such as work, school, or other things. In connection with this research, LDR was carried out by Lecturers at IAIN Batusangkar with their partners who were outside the city of Batusangkar for work reasons.

2.5 Wedding

Family marriages are often called the smallest institutions in society [4]. Family members include husband, wife, children, and other members. Husband and wife in a marriage relationship have a role that must be carried out by both. An example of a common role in society is the concept of a role in the marriage that a father or husband is the head of the family and breadwinner. While the wife is giving birth, nurturing, and educating children, along with the times, technology and the opening of higher education have opened up opportunities for everyone to work. In addition, high needs cause a wife or mother to help fulfill family needs. The division of roles is done by determining who with what duties and responsibilities in carrying out these role functions so that it runs according to the agreement that has been made together [4].

3 Method

The method used in this study is qualitative, informant collection techniques using purposive sampling, data collection techniques: interviews, participatory observation, and documentation. Data analysis techniques use interactive analysis and test the validity of the data by means of triangulation. The results of the study describe the dynamics of long-distance relationship communication between husband and wife in maintaining a marriage and long-distance communication strategies used by husband and wife in maintaining a marriage.

4 Result and Discussion

The difficulty of couples to meet each other will be increasingly difficult to get close physically to it can lead to suspicion and loneliness. The importance of communication in a long-distance relationship can increase closeness and trust in partners. Interpersonal communication is communication that occurs between two people who have built a relationship and can be seen as a development of a previously existing relationship. Communication in a family is very important because the family is the main agent of socialization where communication skills are obtained in a family. Communication is very important to build trust in a relationship, especially if you are in a long-distance relationship, it will certainly have to do with how both parties tell each other because of physical limitations to meet each other. Effective communication is necessary to create a romantic atmosphere in a relationship. The problems that occur cause problems in a household relationship. Therefore, there needs to be tolerance, understanding, and trust between partners.

In creating trust between partners, self-disclosure plays an important role in building the intimacy of a relationship. Through self-disclosure, couples will have more intimacy, are able to face problems because they get mutual support, and do not keep secrets because they are open to each other [5]. By telling each other and being open to each other it will appear closeness. The higher the self-disclosure, the higher the trust, moreover, today's technology can make it easier for individuals to communicate with each other more closely by using the video call feature where someone not only hears voices but also meets face to face when communicating.

Trust occurs because there is a belief that a partner will benefit, an attitude of mutual acceptance, support, sharing, and cooperation. There are indicators in trust, namely a) openness, which includes the willingness of individuals to share information, ideas, feelings, thoughts, opinions, and reactions to things experienced. b) sharing, or sharing which includes the willingness of individuals to share their abilities and expertise with others. c) acceptance, which includes communicating with others and appreciating opinions about a matter. d) individual expectations to be able to cooperate with each other to achieve a common goal [6].

In building a trusting relationship, it is also necessary to improve the quality of communication. Effective communication will minimize the occurrence of weak communication. Video call is a telephone capable of capturing video as well as transmitted sound. Its function is as a means of communication between individuals to be able to meet face to face but through mobile media. This feature is especially effective for couples who are in a long-distance relationship, as they can find out about what their partner is doing live. Using WhatsApp video calls is much easier because almost everyone has the WhatsApp application installed. Whatsapp is the 6th most downloaded application in Indonesia and the most popular.

5 Conclusion

Success in LDM is determined by trust between partners, strong commitment in a marriage, and smooth communication. Communication in relationship development currently uses technological advances such as internet gadgets [5].

According to Kidenda, there are 4 important components in a relationship. The component is mutual trust or trust, which is a relationship that will determine whether to continue or stop. The second component is effective communication in which individuals exchange information about themselves with others. The third is intimacy with a partner, which is not only physical closeness but also emotional closeness. The fourth component is a commitment as the stage where individuals become attached to others and will continue to be together until the relationship ends. The depth of a relationship is important, not only about why the relationship develops but what happens when

Social media makes it easier for couples to communicate. Without them meeting in person, they can already feel face-to-face online video call. The social media users are also diverse, forex, ample WhatsApp which can make video calls, voice calls, and chat, a couple can feel closeness through the media. However, during non-verbal conversations and conversations, changes can occur between individuals and can cause feelings of discomfort and even ambiguity, which can lead to conflict between partners (West and Turner, 2009). Self-disclosure is the best way to build a relationship so that it stays harmonious and can create a more intimate relationship.

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