



PROCEEDING

Urban Living and Multicultural Cities in Asia: from Colonial Past to Global Future

International Conference on Psychology & Multiculturalism

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PROCEEDING OF

INTERNATIONAL CONFERENCE ON
PSYCHOLOGY AND MULTICULTURALISM

URBAN LIVING & MULTICULTURAN CITIES IN ASIA:
FROM COLONIAL PAST TO GLOBAL FUTURE

Important Note:

Scientific Committee did not edit or correct the paper accepted for proceeding. It was assume the paper's grammar, spelling error, and writing style according to APA was the author's responsibility.

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Jakarta, November 2017

Greetings From the Dean

Welcome to the first International Conference on Psychology and Multiculturalism,

In 2017, Faculty of Psychology, Atma Jaya Catholic University of Indonesia celebrates its 25th anniversary. On the 8th of June 1992, the faculty was opened with a bachelor degree program and started the academic activities with only about 70 students. Twenty five years passing by, currently we have four study programs at bachelor, master (professional and science), and doctoral level serving about 1500 students. It is a great achievement that this year we finally have a complete level of study program!

As a commemoration of our gratitude and celebration for this achievement, we are convening academicians, students, and practitioners to discuss and learn from each other in an international conference, namely “Urban Living and Multicultural Cities in Asia: From Colonial Past to Global Future”. This is our first international conference and it is a reflection of our academic themes, namely to understand and develop urban dwellers, multicultural, and disadvantaged people. It is relevant with Jakarta, where our campus is located, that the conference covers behaviors and psychological aspects of people within the history of the city, its economic and industrial growth, health, education, and information technology innovations.

Our keynote speaker and panelists are experts in their field. I hope we can learn a lot from them. For presenters and guests, welcome and thank you for joining our conference, I hope you can have wonderful discussions in this conference.

Dr. Angela Oktavia Suryani, M. Si

Dean of Faculty of Psychology, Atma Jaya Catholic University of Indonesia

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Measuring Love Languages and Relationship Quality

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ABSTRACT

This research is part of our on-going project to improve couple's resiliency. There were two parts of the study. The first part is measuring love languages or individual types on what makes them feel loved between two age groups. Second study is assessing relationship quality. Measuring these variables on larger scale will aid the project on better understanding the whole concept of couple resiliency and strengthen love languages/relationship quality scale validity. Late adolescents and early adults participated in Study 1 (adjusted number of participants; n = 626) and married participants filled in online survey (n = 259). Two scales were developed to gather data measuring love languages and relationship quality. Results indicated there were differences of love languages between age groups. Relationship assessment showed 73.74% of samples were satisfied/highly satisfied with their marriage. EFA supported construct validity (Eigenvalue 4.47; variance estimate 63.81%) with one factor composing the scale. Its implication will be outlined throughout this paper.

Keywords: love languages, relationship quality, descriptive study

Department of Psychology Universitas Dhyana Pura had run several studies regarding love types (love languages). Our long term goal is to improve couple resilience by getting better understanding on what makes people (husbands, wives) feel loved. The initial stages of our researches were conducting validation study and constructing scale to measure the concept. It will culminate in assembling a therapy approach or marital program based on research findings.

'Love languages' was originally penned by Chapman (2010). He stated there are five components on what makes people feel loved: 1) Words of Affirmation – people who feel loved when getting positive feedback and praises from; 2) Quality Time – feeling loved because of togetherness and undivided attention from their partners; 3) Acts of Service – people who takes into account when getting help to finish works/tasks; 4) Receiving Gifts – when gifts and surprises are the essential to make them feel loved; and 5) Physical Touch – people who feels loved from gentle caresses, holding hands, and physical embrace.

Our first research assembled 34-items scale in Bahasa Indonesia measuring those love languages (Suriyah & Septiarly, 2016). Factorial analysis showed promising result. It argued that love languages consisted of five components similar to Chapman's proposition. However, it dropped 17 items due to poor loading factors. Authors also observed, Words of Affirmation category appeared more than the other four components within research sample.

Second research tried to find the link between love languages and personality factors (Suriyah & Sari, in press). By exploring correlation between the two variables, it would gain evidence for construct and criterion related validity. Big Five Inventory was chosen to measure personality factors due to its maturity as a personality concept and measurement tool. However, result showed no significant correlation between love languages and personality factors. Authors also mirrored earlier study by doing factor analysis. It exhibited an entirely different composition.

Based on those two findings, author had constructed a new scale to measure love languages. The scale is based on Egbert and Polk (2006) research which altered the response given. Our first scale used agree-disagree Likert types response. However on this

continuation, the response was changed into a degree of feeling loved. Participants gave rating from 1 to 10. This research is not published yet though author saw a more satisfying result compared to prior studies. Contrary to earlier finding, Quality Time emerged as dominant component appeared on this research.

As a part of progression, research on love languages came to next phase. Polk and Egbert (2013) highlighted the fact how most of researches in psychology relied heavily on university students. Its age group may actually affect research results such as predicting what makes people feel the most loved for each age group. Different age group may put different emphasis on different love languages.

This study aimed to measure love languages on different age group. Previous studies (e.g. Surijah & Septiary, 2016; Polk & Egbert, 2013) were helped by students ranged from 20 to 25 years old. So, next research should target broader age group as a differentiation and compare its results to prior studies. Hence, study 1 will start with measuring love languages into younger audience (16-19 years old) by adopting descriptive survey research. To put Polk and Egbert (2013) idea on age group influence into test, author will compare FLL mean between two age group. It used data from two previous studies (see Surijah, Ratih, & Anggara, 2016; Surijah & Sari, in press).

Other than describing love languages on different age group, this research will include second part of the study. It will also employ descriptive study by measuring relationship quality. It is an integral part of our long term to achieve couple resilience. Authors feel the need to measure relationship quality as the baseline to portray phenomenon on marriage.

To define relationship quality correctly, author had browsed through several research. There were different terms being used such as marital satisfaction, marital quality, and relationship quality. Author inclines to relationship quality as it involves a broader term in assessing any form of relationship. For example, relationship between cohabiting partners and marriage. Brown and Booth (1996) argued there were five dimensions of relationship quality: disagreement, fairness, happiness, conflict management, and interaction.

Disagreement refers to frequency of discrepancy over household tasks, sex, and having a child. Fairness measures degree of fairness in household chores and sharing expenses. Happiness is related to general assessment towards relationship. Conflict management measures how couples put down their disagreement. And, interaction is reported frequency spending time together with partners (Brown & Booth, 1996).

Another research studied relationship quality however within the report, researchers used the term “marital quality” interchangeably. It adapted a global assessment on relationship quality based on respondents agreement to statements such as “We have a good marriage.” This measure was then converted into the Quality of Marriage Index (QMI) (Fincham, Paleari, and Regalia, 2002).

Galinsky and Waite (2013) found there were two aspects of marital quality (they also used term “marriage quality”). Rather than viewing marital quality as unidimensional concept, researchers viewed marital quality has positive and negative aspects (positive/negative quality). Rather than doing zero-sum calculation between favorable and reverse items, Galinsky and Waite saw marital quality as a dynamic between positive and negative quality. For example, a wife can rely on her husband but also feel the husband is too demanding.

Based on authors reading, marital or relationship quality involves general measurement or evaluation towards (the quality of) the relationship itself perceived by the respondent. Study 2 then would measure relationship quality or marital satisfaction by adapting scale from Hendrick (1988). The original scale was a general measurement to assess relationship satisfaction. It consisted 7 unidimensional items only. Respondents gave answer on a scale 1 (low satisfaction) to 5 (high satisfaction). Even though the scale came from a

dated publication, its use still can be found on recent researches such as Funk and Rogge (2007). Its simplistic outlook also would appeal to broader participants as not time consuming and confusing to give response. Those two explanations are the reason why author chose to use this scale as the base of measuring tool for relationship quality.

As a summary, this research is a part of long standing project. It was composed of two parts of studies. Study 1 was a descriptive survey research on love languages. It aimed to explore different love languages category observed especially in younger sample (16-19 years old). Study 2 calculated relationship quality or marital satisfaction. This process hopefully would help author to assess marriage on the way to achieve couple resilience.

Method

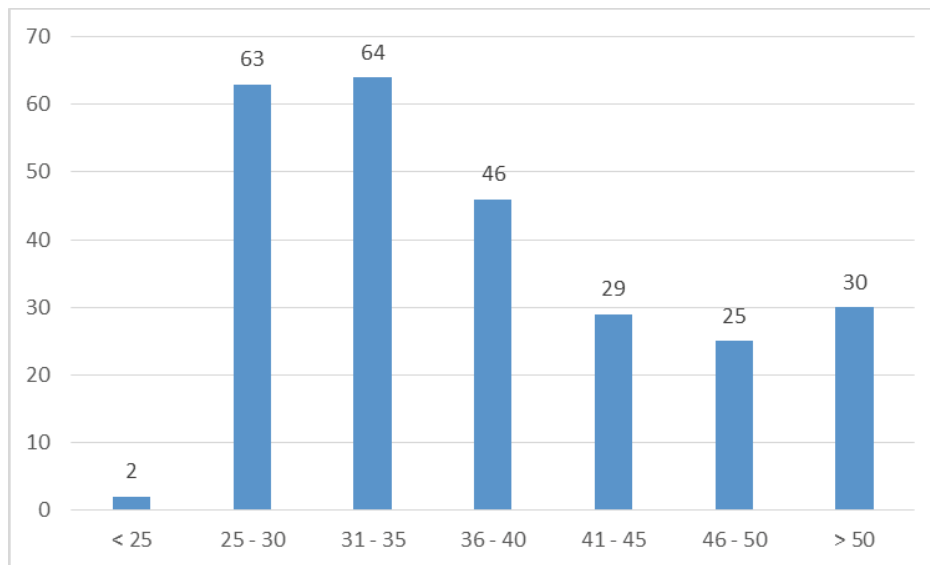
Participants

Study 1 used data from two previous studies. The data were differentiated by two variance of age group. The first cluster is participants age 20-25 years old ($n = 313$). Those are undergraduate students in early adulthood. Data were obtained through proportionate random sampling. Author created a mapping of student body in a private university then calculated sampling proportion for each department. 313 undergraduate students joined the research.

Second cluster consisted of students age 16-19 years old ($n = 600$). Participants were high schoolers in their late adolescent. This time author conducted quota sampling by setting the number of sample needed. Author went to several high schools and collected data until the quota had met. Due to unbalance amount of participants, author trimmed the data and used equal amount of participants from two data cluster ($n = 313$).

For study 2, married individuals filled online questionnaire ($n = 259$). 55 husbands and 204 wives agreed to be participants. Based on their marriage duration, 35.14% participants were married for 1-5 years. And, approximately 20% participants were married for 6-10 years, 11-20 years, or above 20 years respectively. Graph below describes participants' age range.

Figure 1. Most of participants were early adults (25-35 years old). The rest were middle adults.



Instruments

Study 1 employed FLL scale which was created by author (Surijah & Septiarly, 2016). It consisted of 34 items measuring five components of love languages. It went through several validation processes. Its blueprint is outlined here:

Table 1
FLL Scale Blueprint

No	Aspect	Reliability Coefficient (α)	Item Number	Item Sample in Bahasa Indonesia
1.	Words of Affirmation	.674	1, 5, 9, 16, 22, 26, 31, 33	Sangat berarti bagi saya ketika mendengar kata-kata dukungan/motivasi dari pacar.
2.	Quality Time	.581	6, 10, 15, 21, 23, 28, 32	Saya sangat senang jika dapat jalan-jalan dengan pacar.
3.	Acts of service	.605	2, 7, 11, 14, 20, 29	Saya tidak ambil pusing ketika pacar mengabaikan permintaan tolong saya.
4.	Receiving Gifts	.767	3, 8, 12, 17, 19, 24	Saya merasa paling dicintai ketika pacar membelikan hadiah berupa barang yang saya inginkan.
5.	Physical Touch	.688	4, 13, 18, 25, 27, 30, 34	Sangat berarti bagi saya ketika pacar menenangkan saya

dengan mengusap
punggung saya

Table 1 shows FLL scale has coefficient alpha above .500 for each aspect with item-total correlation spanning (mostly) above .200. It means in general the scale is reliable and valid. On other previous study, author also conducted CFA to find an overall satisfying result to support its construct validity (Suriyah & Septiarly, 2016).

Study 2 as mentioned before adopted relationship assessment scale created initially by Hendrick (1988). It has 7 items which respondents ought to give response on a 5-Likert scale from “Low” to “High.”. In contrast from study 1, in this part, author created an online form to reach greater database of married couple instead of relying to conventional paper-and-pen procedure. For pilot study, author asked 43 married individuals to fill in the scale and it resulted $\alpha = .89$. Further description on its validity is outlined here:

Table 2
Relationship Assessment Scale Validity

	Item-Total Correlation
item1	.81
item3	.65
item2	.82
item4	.54
item5	.68
item6	.83
item7	.60

Data Analysis Technique

To compare result from two set of data, author will use two independent sample t-test. However, our previous studies showed consistently that data were not distributed normally. It means author needs to use non-parametric test. However, t-test or ANOVA are example for robust parametric tests which can be used with non-normal data. ANOVA on some cases is a better option than Kruskal-Wallis for non-normal distribution especially on lower number of sample (Kahn & Rayner, 2003). Based on that premise, author decided to use t-test for Study 1.

Study 2 would be an easier affair due to its nature as descriptive study. It will not test any hypothesis but rather quantitatively describe/portray marriage or relationship quality of participants. Both will be measured with statistical program SPSS ver. 16 and PSPP ver. 0.10.1. Before displaying the data, authors will conduct Exploratory Factor Analysis (EFA). It will bring additional evidence to support its construct validity. As shown, Table 2 relies on item-total correlation. EFA will allow authors to examine whether ‘Relationship Assessment Scale’ truly measures single construct of relationship quality.

Results

For study 1, data were grouped according to two different age range as stated before. Author then run Levene’s test to test equality of variances for each component of FLL. Result show all components had non-homogenous variance (sig. < 0.05). Thus, author instead use adjustment to degree of freedom by observing t-test results for equal variance not assumed. It is outlined on next table:

Table 3
t-test for Equal Variance Not Assumed

Components	T	df	Sig.
Words of Affirmation	3.89	571.65	.000
Quality Time	4.40	544.94	.000
Acts of Service	-11.85	573.89	.000
Receiving Gift	6.35	546.81	.000
Physical Touch	13.91	592.86	.000

Based on data from Table 3, it shows that there are significant differences of FLL between the two groups. For example, on 'Words of Affirmation,' it displayed $t(571.65) = 3.89$ ($p = .000$). It means between age group there were different of categories of people obtained this specific love language. From this data, we can conclude which age group ranked higher for each love languages. As a follow up, author then compiled data from research sample specifically the numbers of people who were categorized 'high' and 'very high' on each love languages.

Table 4
Frequency of 'High' and 'Very High' on Each Love Languages

Age Group	Level	WoAffirm	QTime	AoServ.	RGift	PTouch
Early Adult	High	139	127	142	108	112
	Very High	115	99	43	108	133
n = 313						
Late Adolesc.	High	31	0	48	163	58
	Very High	91	0	221	45	84
n = 500						

This table shows on 'Early Adult,' there were more people scored High/Very High on 'Words of Affirmation' (and 'Physical Touch') category. On the other hand, for "Late Adolescent" sample, more respondents feel loved when they received help ('Acts of Service') and not a single participants scored High/Very High on 'Quality Time.' Author can infer that there were differences of dominant love languages between two different age groups. Early adults preferred to receive positive affirmation and verbal praises while the youngsters appreciated 'Acts of Service' and neglecting togetherness ('Quality Time').

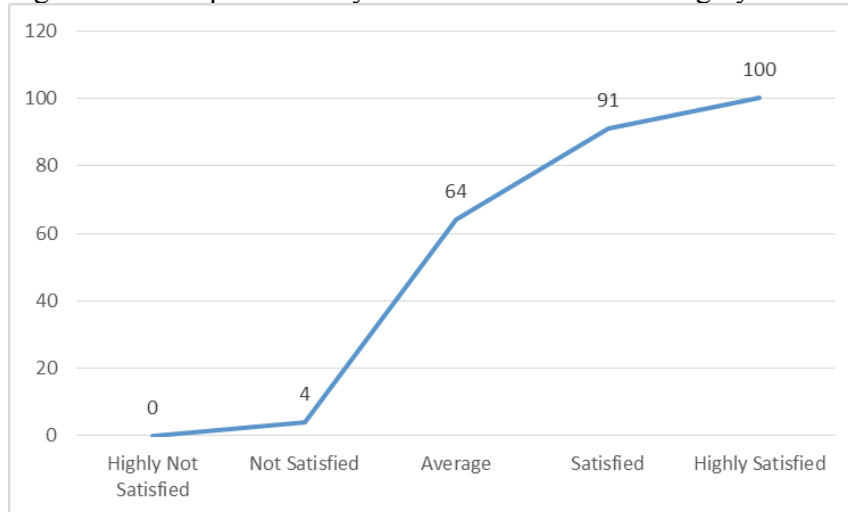
Study 2 explored marriage or relationship quality. Participants reported their evaluation towards their relationship. Prior to that, authors conducted EFA. Factor analysis shows promising result. It supported construct validity that all seven items converged to one factor structure. Eigenvalue set at 4.47 and it explained 63.81% of the whole concept. Loading factor for each items are ranging from .64 up to .90.

Table 5
Relationship Assessment Scale EFA Result

Item	Eigenvalue	Estimate Variance	Loading Factor
1			.88
2			.90
3			.77
4	4.47	63.81%	.64
5			.79
6			.89

Total scores from each participant then were converted into categories. Result is expressed through this chart:

Figure 2. Participants mostly scored 'Satisfied' and 'Highly Satisfied'



Line chart showed no participant fell on 'Highly Not Satisfied' category. On the other hand, 73.74% participants scored 'Satisfied' up to 'Highly Satisfied.' Only 24.71% participants were on 'Average' level of satisfaction. There were only 4 persons who admitted they were not satisfied with their relationship.

Three following tables dissect research result further. Cross tabulation was conducted between relationship quality category and criterions (age group, sexes, and marriage duration). Most respondents despite their age group, sexes, and marriage duration reported similar pattern which fell on 'satisfied' and 'highly satisfied' categories.

Table 6
Relationship Quality and Age Group

Age Group	Not Satisfied	Average	Satisfied	Highly Satisfied
< 25	-	2	-	-
25-30	-	17	25	21
31-35	1	16	29	18
36-40	-	10	18	18
41-45	2	8	7	12
46-50	-	8	11	6
> 50	-	3	10	16

Table 7
Relationship Quality and Sexes

Sex	Not Satisfied	Average	Satisfied	Highly Satisfied
Males	1	13	15	26
Females	3	51	85	65

Table 8
Relationship Quality and Marriage Duration

Age Group	Not Satisfied	Average	Satisfied	Highly Satisfied
1-5 years	-	26	35	30
6-10 years	1	11	27	21
11-20 years	3	19	15	20
> 20 years	-	8	23	20

Discussion

Adolescent may not be viewed as having a stable and mature relationship. However, their shape of relationship at this stage contributes to their later relationship development. As they are developmentally progressed, adolescent romantic behavior evolves to a more exclusive partnership with emotional and sexual intimacy (Meier & Allen, 2009). This became the reason why this research involved adolescents to take part in study 1 and to take part in study related to relationship in general.

The term “development” is being used due to influence of earlier researches. It studied adolescent romantic behavior with the frame of developing or growing stage of relationship. For example, Connolly and Goldberg (1999) argued that individual flow through four different phases: initiation, affiliation, intimate, and committed. They viewed adolescent starts from initiating a relationship and progresses into a more committed form of relationship.

Inclusion of adolescent as part of understanding romantic behavior and relationship exhibits the ever growing and evolving of romantic expression. Most research measured it through quantification of partners (numbers of boyfriends/girlfriends) or relationship duration. This study however takes different approach on understanding adolescent romantic behavior. Rather than dissecting relationship through distinct phases, author chose to classify differences in love styles or preferences which represented through FLL scale.

Result shows there are significant differences of love languages between the two age-groups. Late adolescents scored dominantly high on “Acts of Service.”. At the same time, “Quality Time” has zero number of adolescent who ranked high/very high. It means teenagers feel loved when they are getting helped. On the contrary, they less appreciate togetherness and spending time with their partners.

Study showed with age adolescents acquire more experience and maintain relationship in longer duration. Adolescents also gradually give higher ratings for partners support (Seiffge-Krenke, 2003). It may explain why late adolescents in this study put less emphasis on quality time. Their perception on relationship may not yet reach the stage where commitment and presence are essentials to their relationship quality. On the other hand, getting helped is seen to be an important part of their relationship.

Acts of service or receiving help from significant others is important perhaps is linked to adolescents’ developmental challenge and task. Ghatol (2017) mentioned that academic demands is one of the stressor for secondary students along with other stressors such as peer pressure, disturbed family, and drug abuse. The presence of academic stress may well relate to the need of receiving help to complete homework and pass the exams. This becomes the major needs for secondary students and fulfilling those needs will make them feel loved.

From study 2, analysis factor showed a strong indication of construct validity. Interestingly most of the participants felt satisfied/highly satisfied with their relationship. Only four out of 259 husbands and wives reported low marriage satisfaction. This finding

differs to author's personal assumption regarding marriage quality or marital satisfaction. This study aimed to portray relationship quality of married individuals by utilizing self-report. At least, authors assumed the figures would create a normal curve. It means data was distributed accordingly with mostly scored 'average' and fewer respondents on each extremities. However, result showed data distribution skewed to the right side (satisfied/highly satisfied).

Originally, this part of study aimed to illustrate satisfaction level of married individuals. Its results will be linked to various problems faced by spouses. Research found infidelity, incompatibility, and drug-use were factors causing marriage dissolution (Amato & Previti, 2003). On outer layer, this study's finding does not reveal those common problems.

Our earlier study (Suriyah & Septiary, 2016) argued that there might be cultural influence which may affect the result. It discussed the possibility of cultural tendency to view every treatment or actions from each love languages as equally significant. It resulted to most participants scored 'high' to 'very high' on the scale. This cultural tendency may be applied to explain Study 2 result which sees similar pattern.

Several earlier/similar studies found quite the same thing regarding high satisfaction on reported marriage/relationship quality. Researches from Indonesia and abroad reported most participants were highly satisfied with their relationship and none fell into "not satisfied" category (Taban et al., 2016; Ziaee et al., 2014; Rachmawati & Mastuti, 2013). Similarities between current study with previous research found convergence that most respondents were satisfied with their relationship. However we cannot conclude this finding really describe their actual evaluation toward relationship.

Several psychological measurements are prone to social desirability bias. Constructs such as happiness and religiosity are subject to trait desirability and response approval (Phillips & Clancy, 1972). Researchers investigated that relationship quality or marital satisfaction can be biased with social desirability (Nichols et al., 1983; Vanlear, 1990). Due to this effect, respondents may feel embarrassed or ashamed to honestly admit their marriage face problems or not as happy as they reported.

Friedman, Herskovitz, and Pollack (1994) discovered there was connection between agree-disagree placement on a scale. Respondents tend to "agree" more if the 'agree' option is located nearer to item statement (far left) as opposed to the extreme right. Based on this finding, authors can single out biasing factor that respondents choose the easiest and closest distance of the options available. It is because relationship assessment scale placed 'high' option on the far right (farthest possible).

Willingness to participate may influence end result. Research found that participants' commitment may relate to internal state (loneliness) and physical activity. It eventually will affect how participants would respond to the survey (Dodge et al., 2014). Other research found that willingness and declining to participate are related to knowledge and technology-related skill (Foster et al., 2015). It means, to a certain degree, participants who filled online survey do not truly project the population's relationship quality. Those who were willing to fill the questionnaires were individuals familiar with filling online form and internally ready to give out information regarding their relationship.

Relationship assessment scale required a judgment about individuals' relationship state. A judgment involved memory recalling process. The scale may be prone to 'consistency motif' and 'context-induced mood' bias (Podsakoff et al., 2003). Respondents faced a set of statements related to their relationship and it would trigger a certain mood. Mixed with social desirability bias, respondents would tend to give response in consistent manner. It explained in all items, respondents gave similar response.

A careful items writing process are needed to avoid bias. However, it is not easy to alter items which assess relationship quality and love styles. Classic tests such as MMPI

employed Lie scale to identify ‘fake’ responses. Other researches use additional scale (SDB scale) to monitor the presence of social desirability (Crowne & Marlowe, 1960; Baumeister et al., 2003; Tangney, Baumeister, & Boone, 2004). Decoy items can be constructed to assess social desirability by considering population which those items are drawn. Items need to describe “behaviors which are culturally sanctioned and approved but which are improbable of occurrence” (Crowne & Marlowe, 1996, pp. 350).

Even though the scale could calculate lower satisfaction level on marriage, a scale still may not be able to discern between two sample groups. For example, in this research we perceive similar pattern of satisfactions among different age group or marriage duration of sample. Previous research weighed in two sample groups of women based on their fertility status and stress level. If found no significant differences between both groups (Hidayah & Hadjam, 2013). This finding may suggest that relationship assessment scale do not have the ability to distinguish marriage satisfaction clearly (individual uniqueness).

Other research suggested different scales to be used. Couple Satisfaction Index (CSI) proved to be a valid scale with high interrelation with other similar scales. It has different lengths (short and full version). CSI also able to measure distress in a relationship due to variation on its items and response required (Funk & Rogge, 2007). It is promising approach to be considered for next research.

Study 1 showed that age differences may lead to different needs to feel loved. It means individuals with different age groups may have varied requirement to feel loved. Each love languages or relationship maintenance behaviors are important but not as equal as we thought it was. Study 1 gained a better comprehension on what make people feel loved. Next study should reach broader audience related to age, gender, and ethnicity differences to fully understand what makes people feel loved.

Study 2 while exhibited convergent evidence related to its construct validity, relationship assessment scale could not truly relationship quality. Most of respondents fell on the ‘satisfied’ and ‘highly satisfied’ category. Social desirability is one factor hypothesized to be affecting end result. Further research shall consider to use alternative scale (CSI) and/or add SDB scale due to the nature of relationship assessments items. Researchers also need to filter respondents’ motive and skill to get better sampling of the population.

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