

Trust and Quality of Communication with the Marriage Commitment of TNI AU Undergoing Long Distance Marriage

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ABSTRAK

Pasangan yang menjalani pernikahan jarak jauh membutuhkan komitmen yang kuat untuk mempertahankan pernikahannya. Tantangan yang sering muncul antara lain perasaan cemas, dukungan pasangan, pembagian waktu, godaan perselingkuhan, dan peran dalam membesarkan anak. Kepercayaan, sebagai rasa percaya diri dan perhatian terhadap pasangan, serta kualitas komunikasi yang baik, merupakan faktor penting yang mempengaruhi komitmen pernikahan dalam situasi ini. Penelitian ini bertujuan untuk menganalisis hubungan kepercayaan dan kualitas komunikasi dengan komitmen pernikahan jarak jauh. Penelitian ini menggunakan pendekatan deskriptif kuantitatif dengan metode kuantitatif korelasional. Populasi penelitian berjumlah 60 pasangan dan sampel sebanyak 44 pasangan. Pengambilan sampel menggunakan teknik purposive sampling. Analisis data menggunakan teknik statistik deskriptif, kemudian menggunakan analisis regresi berganda. Temuan penelitian ini adalah: 1) kepercayaan pasangan suami istri yang menjalani pernikahan jarak jauh berada pada kategori tinggi sebesar 48,86% ($R^2 = 0,632$), 2) kualitas komunikasi pasangan suami istri yang menjalani pernikahan jarak jauh berada pada kategori tinggi sebesar 50,00% ($R^2 = 0,723$), 3) komitmen perkawinan pasangan suami istri yang menjalani pernikahan jarak jauh berada pada kategori sangat tinggi sebesar 56,82%, 4) terdapat hubungan yang signifikan antara kepercayaan dan kualitas komunikasi dengan komitmen perkawinan jarak jauh Prajurit TNI AU melalui uji Signifikansi koefisien korelasi sebesar $R^2 = 0,757$ dengan taraf korelasi sangat kuat.

ABSTRACT

Couples who are in a long-distance marriage need a strong commitment to maintain their marriage. Challenges that often arise include feelings of anxiety, partner support, sharing of time, the temptation of infidelity, and the role of raising children. Trust, as confidence and concern for a partner, as well as good communication quality, are important factors that influence marital commitment in this situation. This research aims to analyze the relationship of trust and Communication quality and long distance marriage commitment. This research uses a quantitative descriptive approach with correlational quantitative methods. The research populations are totaling 60 pairs and a sample of 44 pairs. Sampling used purposive sampling technique. Data analysis is using descriptive statistical techniques, and then using multiple regression analysis. The findings of this research are: 1) the trust of married couples undergoing long distance marriages is in the high category at 48.86% ($R^2 = 0.632$), 2) the communication quality of married couples undergoing long distance marriages is in the high category at 50.00% ($R^2 = 0.723$), 3) the marital commitment of husband and wife couples undergoing long distance marriage is in the very high category at 56.82%, 4) there is a significant relationship between trust and quality of communication with the Indonesian Air Force's long distance marriage commitment through the test The significance of the correlation coefficient is $R^2 = 0.757$ with a very strong level of correlation.

1. INTRODUCTION

Marriage is an important event in the human life cycle, between men and women. Getting married is a developmental process at the adult stage that is generally awaited by every individual (Febriana et al., 2018; Parker et al., 2014). Every couple who has become a family hopes to feel happiness or harmony in

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their married life. Marriage is also considered a reciprocal relationship between husband and wife psychologically, intellectually and materially (Chen & Tong, 2021; Wachter & de Valk, 2020). Ideally, married individuals choose to live together under one roof, in the same area and spend time together. However, the phenomenon that occurs is that many married couples also live separate lives from their partners or do not live at home. In line with research conducted by previous study in Paskhas Battalion 467, it was stated that there were 72 wives of members of Paskhas Battalion 467 TNI AU who were undergoing long distance marriages who felt lonely because their husbands were required to carry out duties away from home (Safitri & Anggarani, 2020). Long distance marriages are carried out by husband and wife solely because of work demands. One of the jobs that most often causes husband and wife to be separated from each other is work as a TNI soldier (Rachmawati & Mastuti, 2013; Safitri & Anggarani, 2020).

Based on the results of interviews conducted by researchers with personnel with the initials MRA who have the characteristics of having a long distance marriage with their partner (wife), due to the demands of working as a TNI officer. The conflict that is a challenge in establishing a long distance marriage is limited communication so that conflict resolution is less than optimal. In line with research conducted by other study said that communication plays a very important role in maintaining a relationship and efforts must be made to maintain the communication relationship between husband and wife who are in a long distance relationship (Stein et al., 2019).

Researchers also conducted the next interview with personnel with the initials who also had the characteristics of being in a long distance marriage relationship with a marriage age of 10 years (Andika, 2022; Wachter & de Valk, 2020). Apart from communication, commitment in a relationship is important, an example of the form of commitment in a marriage can be seen from the nature of honesty towards the partner, especially for couples who are in a long distance marriage, they really need honesty and commitment from the partner so that things like divorce don't happen (Rasyidin & Fitriani, 2021; Sushchy, 2021). In line with research conducted by other study stated that there is a significant relationship between marital commitment and trust (Amini et al., 2013; Ojukwu et al., 2016).

Husband and wife couples who are in a long distance marriage need a strong marital commitment to build and maintain their marriage (George et al., 2014; Rasyidin & Fitriani, 2021). Marital commitment is very important for the continuity of the marriage of working husband and wife couples, because if one of them is not committed then undesirable things can happen in their domestic life and they are vulnerable to disputes that result in divorce (Askalemariam & Minwagaw, 2014; Axelfa et al., 2024). The age of marriage greatly influences commitment in marriage. Marital commitment is formed not only influenced by psychological characteristics or gender, but also influenced by the length of the existing marriage (George et al., 2014; Parker et al., 2014). Married couples who have passed the marriage age of more than 5 years are thought to have a mature marriage commitment, because at a marriage age of more than 5 years they have entered a phase where the husband and wife are used to the differences that occur so what is done is how to maintain the relationship. marriage by increasing commitment in marriage (Ojukwu et al., 2016; Yaro, 2022). Husbands who have low marital commitment in undergoing long distance marriages can trigger disputes in the household, because they do not receive direct support from their partners (Anyamene, 2020; Arulmohi et al., 2017). Apart from that, due to work demands, husbands are required to blend in with the environment, including the opposite sex, this can also trigger undesirable things if the husband does not have a high level of marital commitment (Nabizadeh et al., 2019; Umeaku et al., 2022). One of the factors that influence marriage commitment is trust. Trust is a belief and caring attitude towards a partner. Trust provides a positive value to the couple's attitudes and behavior so that there is openness to each other in establishing a long distance marriage relationship (Chen & Tong, 2021; Safitri & Anggarani, 2020). The existence of trust in a relationship is a necessity, because basically a relationship must be built on trust and will slowly be destroyed if that trust is lost (Andika, 2022; Wójcik et al., 2021).

Another factor that influences marital commitment is relationship factors which include the quality of communication. Good quality communication will help increase marital commitment in long distance marriage relationships, because good communication is considered capable of resolving conflict in marriage (Aqmarina Bella Agustin, 2019; Sushchy, 2021). The quality of the relationship depends on a person's ability to express themselves to others. Those who cannot communicate constructively, honestly and openly will still find it difficult to live together in a family. Apart from that, the quality of communication can support marital commitment because with communication a husband and wife will communicate various things such as sharing feelings, caring for children, having fun and times when they face problems (Afiatin et al., 2016; Moustafa, 2022). Married couples who know the importance of marital commitment for the continuity of the marriage relationship and are able to create an effective commitment to marriage, including creating good and quality communication, will make the couple feel

happier and their marriage will be more stable (Onuche, 2013; Umeaku et al., 2022). This research aims to analyze the relationship of trust and Communication quality and long distance marriage commitment. This study have a novelty of long-distance marriages present unique challenges for married couples, especially for Indonesian Air Force (TNI AU) personnel, whose duties often require them to be stationed far from their spouses for extended periods. This study specifically focuses on how trust and communication quality affect marriage commitment among these individuals, a subject that remains underexplored, particularly in the military context.

2. METHOD

This study uses a quantitative design with a survey approach designed to measure the relationship between the level of trust and quality of communication on marital commitment in Indonesian Air Force members who are in long-distance marriages (Suyitno, 2018). This approach was chosen because it allows researchers to identify and measure the influence of two main variables, namely trust and communication quality, on the dependent variable, namely marital commitment. This study uses a correlational design to understand the strength and direction of the relationship between variables, providing clearer insight into the role of trust and communication in maintaining marital commitment in the specific context of long-distance marriages in the military environment. Data collection was conducted by distributing questionnaires to members of the Indonesian Air Force who were in long-distance marriages. This questionnaire consists of three main parts: a scale to measure the level of trust, a scale of communication quality, and a scale of marital commitment. Each scale has been tested for validity and reliability, resulting in an instrument that is appropriate and accurate in measuring the research variables. The distribution of the questionnaire was carried out online to facilitate access for respondents who were spread across various assignment locations. The data obtained was processed into quantitative data by scoring each item in the questionnaire.

The collected data were analyzed using descriptive and inferential statistical methods. Descriptive analysis was used to describe the characteristics of respondents and the average score of each research variable, while Pearson correlation analysis was used to test the relationship between trust, communication quality, and marital commitment. In addition, multiple regression analysis was applied to determine the contribution of each independent variable to marital commitment. The results of this analysis were interpreted to determine the strength of the influence of trust and communication quality on the level of commitment in long-distance marriages of TNI AU members.

3. RESULTS AND DISCUSSION

Result

This research aims to examine the relationship between trust and communication quality with long distance marriage commitment. The researcher tested the assumption that there was research data related to normality, linearity and multicollinearity. The results of normality are shown in Table 1.

Table 1. Normality Test Results

| No | Variable | Asymp. Sig | Information |
|----|-----------------------|------------|-------------|
| 1 | Trust | 0.880 | Normal |
| 2 | Communication Quality | 0.359 | Normal |
| 3 | Marriage Commitment | 0.500 | Normal |

Base on Table 1, test the normality of trust data with the Asymp value. Sig. (0.880) \geq 0.05, communication quality data with Asymp value. Sig. (0.359 \geq 0.05 and marital commitment data with Asymp. Sig. (0.500) \geq 0.05. These results indicate that the three variables are normally distributed. The result of linearity is show in Table 2.

Table 2. Linearity Test Results

| Variable | Sig. Deviation from Linearity | Information |
|------------------|-------------------------------|-------------|
| X ₁ Y | 0.714 | Linier |
| X ₂ Y | 0.543 | Linier |

Base on [Table 2](#) the deviation from linearity for variable X_1 with Y and sig. deviation from linearity for variables X_2 and Y are both greater than the significance level of 0.05. This shows that the relationship between the dependent variable and the independent variable is linear.

Table 3. Multicollinearity Test Results

| Variable | Tolerance | VIF | Keterangan |
|---------------------------------|-----------|-------|---|
| (Constant) | | | |
| Trust (X_1) | 0.350 | 2.860 | There is no multicollinearity between X_1 and X_2 |
| Communication Quality (X_2) | 0.350 | 2.860 | |

Base on [Table 3](#) the tolerance value for each predictor is 0.350 and the field VIF value for each predictor is 2.860. Thus, both tolerance values are greater than 0.10 and both VIF values are smaller than 10. This means that there is no multicollinearity between the two predictors, namely trust and communication quality. A trust coefficient test result with marital commitment is show in [Table 4](#).

Table 4. Trust Coefficient Test Results (X_1) with Marital Commitment (Y)

| Variable | R | R Square |
|----------|-------|----------|
| X_1 -Y | 0.795 | 0.632 |

Base on [Table 4](#), the R value is 0.795, which means that there is a positive relationship between trust and long distance marriage commitment, namely 0.795. The R Square (R^2) value is 0.632, which means that trust has an influence on long distance marriage commitment by 63.2%, while 36.8% is influenced by other factors. It can be said that Indonesian Air Force husband and wife have a key role, namely trust, where trust is a key role in influencing commitment in long-distance marriages by providing a sense of security, reducing conflict, and strengthening the emotional relationship between partners.

Table 5. Simple Regression Coefficient Test Results for Communication Quality (X_2) with Marital Commitment (Y)

| Variable | R | R Square |
|----------|-------|----------|
| X_2 -Y | 0.850 | 0.723 |

Base on [Table 5](#), it can be seen that the R value is 0.850, which means that there is a positive relationship between the quality of communication and long distance marriage commitment, namely 0.850. The R Square (R^2) value is 0.723, which means that the quality of communication influences long distance marriage commitment by 85%, while 15% is influenced by other factors. Coefficient test results of multiple regression analysis of trust and communication quality with marital commitment is show in [Table 6](#).

Table 6. Coefficient Test Results of Multiple Regression Analysis of Trust (X_1) and Communication Quality (X_2) with Marital Commitment

| Variabel | R | R Square |
|------------------|-------|----------|
| X_1 - X_2 -Y | 0.870 | 0.757 |

Base on [Table 6](#), it can be seen that R is 0.870 which shows the regression coefficient of trust and communication quality with long distance marriage commitment. Then the R Square (R^2) is 0.757, meaning that trust and communication quality influence long distance marriage commitment by 87%, while 13% is influenced by other factors. It can be said that Indonesian Air Force husband and wife have implemented trust and good quality communication in their marriage.

Through guidance and counselling programs, we can emphasize the importance of increasing trust, quality of communication and commitment in relationships, including how couples can work together to face challenges and strengthen their bonds. Some of the services that can be provided by counsellors are information services which aim to provide understanding and new information to married couples who are in long-distance marriages and families regarding things that need to be known and can be considered when making decisions within the family. Counsel them.

Discussion

Forming a happy family needs to start with trust between husband and wife so that there are no suspicions that trigger conflict in the family. Meanwhile, commitment is needed to strengthen and maintain a marriage in order to build an eternal household based on belief in the Almighty God Esa (Wang et al., 2016; Wijaya & Riayadi, 2022). When one or both people in a relationship face conditions that create a feeling of dissatisfaction or threat, this can weaken commitment in the relationship. Trust has an important role in the strength of commitment in long-distance couples (Charina et al., 2022; Safitri & Anggarani, 2020). Trust tends to be higher in someone who is committed to a relationship. To maintain long-term relationships by strengthening feelings of trust and commitment in the relationship (Hunsaker, 2021; Pezoa et al., 2019). Trust and commitment mutually strengthen each other in marriage. When partners trust each other, they are more likely to commit, and strong commitment in turn increases trust. In line with research results (Aprilia, Rahayu & Rifayanti, 2024) it is stated that there is a relationship between trust and commitment in individuals who are in long-distance marriages (Gansemer-Topf et al., 2018; Zou, 2023).

Trust is very important in undergoing a long distance marriage because basically a relationship requires trust to build harmony in the household. In building trust, video calls can help reduce feelings of worry because they can be used as proof of its existence. Video calls are used to monitor trust and that trust exists because of the disappointing experience that has been experienced. This is done by means of smooth communication, always providing news, commitment and being open to each other (Inayah et al., 2019; Wachter & de Valk, 2020). It can be said that Indonesian Air Force husband and wife have been able to show openness, trust, honesty, support, affection and attention to each other. Good communication is the key to maintaining a healthy and committed relationship in situations where physical distance separates partners (DeMaris, 2015; Febriana et al., 2018). Regular, honest, and open communication helps build trust and reduce uncertainty, which ultimately strengthens commitment.

Communication between partners can be used to change marital commitments or replace them with new commitments or even maintain desired commitments. The results of research conducted by study showed that there was a significant positive relationship between the quality of communication and marital commitment in dual career couples in the city of Semarang (Khikmah, 2020). The quality of communication in marriage can vary depending on the marriage age of the couple. New couples are usually more likely to engage in more positive and enthusiastic communication. Meanwhile, couples who have been married for more than 5 years may have more experience in managing conflict. They may become more skilled in effective communication and problem solving (Alawamleh et al., 2022; Amini et al., 2013). However, the quality of communication is not always linear with the age of marriage. Factors such as personality, how a partner handles stress, and changes in life (such as the birth of a child or a career change) also play an important role in determining the quality of communication.

Frequent communication in marriage does not always guarantee a stronger commitment than infrequent communication. The more important factor is the quality of the communication itself. Negative communication, if it occurs with high frequency, can damage commitment and increase the risk of divorce. Conversely, positive and effective communication tends to increase relationship satisfaction and strengthen long-term commitment, regardless of how often the communication occurs (Andika, 2022; Wachter & de Valk, 2020). If someone trusts their partner, they will provide space and freedom for their partner. This can then increase commitment to the relationship (Damariyanti, 2024). When commitment increases, the couple will tend to ignore things that could disrupt the relationship, so that marital satisfaction will also increase (Rasyidin & Fitriani, 2021; Sushchy, 2021). Trust and quality communication strengthen commitment by ensuring that both partners feel valued, supported, and emotionally connected. This helps couples to remain committed despite the challenges of a long-distance marriage (Amini et al., 2013; Ojukwu et al., 2016). Trust and quality of communication are two key factors that are interrelated and greatly influence commitment in long distance marriages.

High trust enables more honest and open communication, while high quality communication strengthens trust. The two work together to create an environment where commitment can develop and relationships can survive despite the challenges of physical distance (Chen & Tong, 2021; Safitri & Anggarani, 2020). This is in accordance with the results of research state that the higher the trust, the stronger the marriage commitment in couples who are in a long distance marriage (Andika, 2022; Wójcik et al., 2021). Apart from trust, a factor that influences marital commitment is the quality of communication. Communication is something that greatly influences marriage commitment. Factors that influence marital commitment are not only influenced by the quality of communication, but also personal qualities, the quality of the partner, and also environmental factors (Aqmarina Bella Agustin, 2019; Sushchy, 2021). Good quality communication will emphasize how communication is carried out between husband and wife. Communication will show its effectiveness if the communicator and communicant are

open to each other. Openness can provide information about the past which is useful for understanding current or future problems.

Effective communication is one form of building trust. Communication is one aspect of life and human behavior as a whole. The things that are factors in open communication between partners are willingness to listen, maintaining intimacy, mutual support and mutual trust in each other (Rasyidin & Fitriani, 2021; Sushchy, 2021). It is from these things that open communication can be fostered well. Humans relate to each other through communication and with communication humans fulfill all their life needs (Gansemer-Topf et al., 2018; Zou, 2023). Trust and communication support each other. Good communication helps build and maintain trust, while trust allows for more open and honest communication. Ideally, partners in LDM should work hard to strengthen both to ensure a healthy and sustainable relationship (Inayah et al., 2019; Wachter & de Valk, 2020).

This study shows the importance of trust and communication quality in maintaining marital commitment, especially in the context of long-distance marriages. Indonesian Air Force members who are in long-distance marriages can use these findings to focus more on improving the quality of communication with their partners and building mutual trust. This can be realized through more intensive use of communication technology and greater openness in the relationship. However, the focus of the study was only on Indonesian Air Force members who were in long-distance marriages. Therefore, the results may not be generalizable to the wider population or to other professions who also experience long-distance marriages (e.g., migrant workers or medical personnel in remote areas).

4. CONCLUSION

The results of the research show that trust in Indonesian Air Force husband and wife couples undergoing long distance marriages reveals that trust is generally in the high category, the quality of communication in Indonesian Air Force husband and wife couples undergoing long distance marriages is generally in the high category and there is a significant relationship between trust and the quality of communication and long distance marriage commitment between the Indonesian Air Force and the level of correlation is very strong, meaning that trust can influence long distance marriage commitment. This means that the higher the trust of the Indonesian Air Force couple, the higher the marriage commitment of the Indonesian Air Force couple.

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