

The Reasons Why Love Languages are Quite Influential on Marital Harmony

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Abstract. Every couple wants harmony in Marriage because every individual wants satisfaction in Marriage and less disappointment. The fact is that until now, there are still many couples who divorce. Based on data from the Central Statistics Agency, there are 1,081 divorced married couples in Banyumas Regency, 6.75% of whom are civil servants. Marital harmony is a marriage decorated with religious life, having time with your partner, having good communication, mutual respect, a romantic relationship with your partner, and good quality and quantity of conflict. Meanwhile, the language of Love is the behavior of expressing the feeling of Love that is owned so that the loved one can feel cared for. Marital harmony is a marriage decorated with religious life, having time with a partner, having good communication, respecting each other, having a romantic relationship with the partner, having good quality and quantity of conflict. Meanwhile, the love language behavior is a behavior that expresses the feeling of Love. The method is a quantitative method with data analysis in the form of linear regression analysis using the modified scale of the Marital Harmony Scale and the Love Language scale. Population 1335 civil servants and samples in this study are 152 civil servants selected by purposive sampling. Validity use expert judgment and the reliability used Cronbach's Alpha with the results of marital harmony scale and love language scale respectively 0.989 and 0.962. The results of this study indicate that there is a positive effect with a value of $F=14,620$ with $sig = 0.000$. R square of 0.585 means that Love Languages have an effect on Marital Harmony by 58.5%, while the remaining 41.5% is influenced by other factors outside of this study.

Keywords: *Civil Servants, Love Languages, Marital Harmony, Married Couple.*

1 Introduction

Marital harmony is an interesting topic to study because every married couple has a desire for harmony in their Marriage. Marriage can be said to be harmonious when husband and wife have a feeling of happiness, namely with little disappointment and satisfaction with the existence of their partner. Marriage is often analogous to a long journey full of Love and beautiful things if the process is prepared carefully. Marriage is a household relationship between two individuals who plan to live together and have the goal of building a happy, prosperous and lasting marriage. Meanwhile, Marriage serves as the foundation for family life and has an impact on everyone's life as a whole [12].

Meanwhile, according to *Undang-Undang No. 1* of 1974 article 1 paragraph 1 concerning Marriage which states that "Marriage is a physical and spiritual bond between a man and a woman as husband and wife who have the goal of forming a happy and eternal family or household based on the Supreme God", But the fact is that until now there are still many couples

who divorce [21]. According to data from the Central Bureau of Statistics, there are 1,081 divorced couples in Banyumas Regency, 6.75% of whom are State Civil Servants. Civil Servants are described in Article 1 of Undang-Undang Number 5 of 2014 concerning a civil servant who is a government employee with a work agreement who is appointed by a civil service supervisor, is entrusted with other state responsibilities and is paid based on statutory regulations [15].

According to the findings in a preliminary study at the Personnel and Human Resources Development Agency or BKPSDM in Banyumas Regency, this was the source of research to find information on the number of civil servants who were married. The total number of civil servants in Banyumas Regency is 13,827 civil servants. There were 11,666 people who were married. Based on an interview with the Head of BKPSDM, there are several sub-district offices in Banyumas Regency that have reported data as sub-district offices having the most household problems and having the highest marriage rate data compared to other sub-districts. The sub-district offices are the South Purwokerto District Office, the North Purwokerto District Office, and the East Purwokerto District Office. In addition, data was also found that in Banyumas Regency, there were 27 sub-districts. The total number of civil servants who are married and work at the District Office in Banyumas Regency is 1527 civil servants.

Psychologically, disharmony of marital civil servants can be explained through the theory explained by Hurlock (1996) that divorce is the highest peak of poor adjustment in Marriage, and this can occur if both parties are unable to resolve the problem. Instability in a marriage can lead to divorce, where the couple will not live together anymore. In other words, it is separated and officially decided by the state. The existence of conflict in this household also triggers marital disharmony. Research conducted, explains that conflicts that become marital disharmony include economic conflict, parenting conflict, child education conflict, and openness conflict [13].

The problems and conflict management methods found in the preliminary study are in line with the theory described by Chapman in his book *The Five Love Languages*, which explains that humans have five needs that make them feel loved [6]. The quality of relationships increases when these needs are met. Chapman also argues that everyone has a need for love languages by fulfilling five primary factors that cause an individual to feel loved [6]. These factors include words of affirmation or supporting words expressed through kind words to people. Loved ones, quality of time, which is an expression of Love by giving full attention to a lover by creating memorable moments.

The next love languages are acts of service, namely how individuals can feel loved or loved when receiving help from their partners, giving gifts, namely when someone will feel valued when giving or receiving gifts where the gift does not have to be something that has a high price, and It doesn't have to be given every day, but for some people, the price value of the gift is less important than the emotional significance [6]. The last factor, namely physical touch, which means expressing intimacy and giving the recipient a sense of affection and security, such as touching, hugging and holding hands, are ways to make couples feel an emotional attachment to this physical touch factor [6].

Previous research on love languages was conducted by Angin and Yeniretnowati, entitled: "Implications of Understanding Love Languages for Husband-Wife Relationships" [2]. The purpose of this research is to explain the understanding of love languages for husband and wife relationships. The difference lies in the research objectives. Another study by Surijah, Permana

and Aryanata entitled "Women's Love Language: Phenomenological Research Things That Make Wives Feel Loved" [18]. The difference lies in the research methodology and research objectives. This research has an update, namely using a quantitative method, whereas previous studies examined it using a qualitative method.

The aim of this research is to find out the effect of love languages on marital harmony among civil servants in the Banyumas district. This research has usefulness or benefits that can be contributed theoretically. Namely, it is hoped that it can add insight or knowledge regarding matters related to love languages in couples and their relation to marital harmony. In addition, this research is also useful to strengthen theory or previous research empirically so that it can become reference material for further research. Practically, this research is useful as input in determining policies related to marital harmony of Civil Servants in the Banyumas Regency.

2 Literature Review

Marital harmony, described by Hawari, can be interpreted as a husband and wife who are bound by state and religion and adorned by religious life, have time with their partner, have good communication, respect each other, have a romantic relationship with their partner, as well as quality and quantity [10]. Good conflict a measure that can be used to assess marital harmony, according to Hawari, is by fulfilling aspects of marital harmony, namely religious life, having time with a partner, having good communication, mutual respect, a romantic relationship with a partner, as well as quality and quantity of good conflict [10]. Meanwhile, it is also known that the factors that can affect marital harmony include love factors, trust factors, trust factors in partners, sex factors, financial factors, heredity factors, avoiding third parties, maintaining romance, communicating and praising and caring for each other [1].

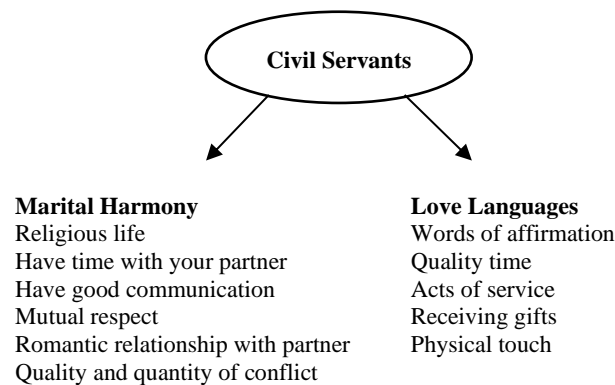
Love Languages , according to Chapman, can be interpreted as behaviors that express a feeling of Love that is owned so that the individual who is loved can feel loved and cared for by fulfilling the needs of each individual in accordance with the aspects they have, including a word of affirmation (words supporting words), quality time (impressive moments), giving gifts, acts of service, and physical touch. Apart from that, you can also identify the factors that make a person feel loved, including Character and temperament, Expressing affection and family time [6,18]. From other side found different aspects of the language of Love, namely sacrificial Love, intimate Love (Intimacy), quality time, supportive Love and comforting Love [7]. Love languages in marital harmony in the household are very important for individuals and their partners. The aspects of love languages that have been described previously can explain that the delivery of expressions of Love for each individual is different from their partners. This statement is in accordance with the statement of Surijah, which explains that to love and feel loved by a partner has an impact on the feelings of each individual in married life [19].

State civil servants are government employees with work agreements who are appointed by civil service development officials entrusted with other state duties and are paid according to state regulations. In addition, Civil servants must also uphold behavior, activities and compliance with applicable regulations in order to become a positive role model for society. The hope is that civil servants can preserve their ability to live in harmony and harmony in their household. The performance of a civil servant is positively influenced by the harmony of his Marriage [15]. Despite the fact there are a number of civil servant divorces in Banyumas Regency. The fact proves the existence of marital instability where, later, the couple will live separately and be

officially recognized by the relevant laws and regulations. Marital disharmony is closely related to the existence of conflict in the family.

The relationship between love languages and marital harmony is that every married couple hopes for a peaceful and peaceful marriage, or in other words, harmony in their Marriage. Marriage can be said to be harmonious when there is the fulfillment of religious life, having time with a partner, good communication, mutual respect, a romantic relationship with a partner, as well as good quality and quantity of conflict. Love languages have aspects such as a word of affirmation, quality time, giving gifts, acts of service, and physical touch. Can realize the fulfillment of aspects of the harmony of the Marriage [19].

The conclusion that can be drawn from the description above is that Love languages are the independent variable or independent variable that is expected to have an impact on marital harmony, which in this study is the dependent variable or dependent variable. Based on the explanation above regarding the influence of love languages on marital harmony in the State Civil Servants in Banyumas Regency, the scheme of the relationship between the independent variables and the dependent variable can be illustrated in the following chart:



3 Method

The data analysis in this research is simple linear regression in order to create a linear relationship between an independent variable (X) and a dependent variable (Y). A research variable is something that attracts attention, has influence, and has value so that conclusions can be drawn [17]. In this study, the independent variable or independent variable (X) and the dependent variable or dependent variable (Y) are used. Also explained that the independent variables affect or produce the dependent variable, which is measured in research [17]. The dependent variable changes or appears as a result of the independent variable, namely the variable that influences or causes the change. This study uses two research variables to be explored, namely marital harmony as the dependent variable (Y) and love languages as the independent variable (X).

This study used a population of 1335 civil servants who were married and worked in sub-district offices in the Banyumas area. It is known that the number of sub-districts in Banyumas Regency is 27 sub-districts. In this study, the sampling technique used was a purposive sampling technique. That purposive sampling is a data collection technique with certain considerations.

Purposive or the considerations used by researchers to select samples from the population are the District Offices in Banyumas Regency [17].

With these considerations in mind, the samples used in this study were civil servants who were married and worked in the North Purwokerto District Office, the South Purwokerto District Office and the East Purwokerto District Office. Questionnaires were given to 152 civil servants who worked in 3 (three) District Offices as part of the research method for collecting data.

Table 1. *Respondent Characteristics*

No	Description	Information	Total	Percentage
1	Gender	Male	80	53%
		Female	72	47%
		Total	152	100%
2	Respondent's Age	18-28 years old	7	5%
		29-38 years old	52	34%
		39-48 years old	73	48%
		49-60 years old	20	13%
		Total	152	100%
3	Marriage Age	0-10 years	59	39%
		10-30 years	81	53%
		>30 years	12	8%
		Total	152	100%
4	Partner's age	18-28 years old	8	5%
		29-38 years old	50	33%
		39-48 years old	73	48%
		49-60 years old	21	14%
		Total	152	100%

Source: Processed research data (2023)

Based on Table 1 above, it can be seen that the percentage of male respondents was 53%, with a total of 80 respondents. This percentage is greater than female respondents at 47%, with 72 respondents. In addition, it was also found that the age of respondents aged 18-28 was 5% with a total of 7 respondents, aged 29-38 years was 34% with a total of 52 respondents, aged 39-48 years as much as 48% with a total of 73 respondents and aged 49-60 years as much as 13% with a total of 20 respondents. The marriage age of the respondents at the age of 0-10 was 39% with a total of 59 respondents, the marriage age of 10-30 years was 53% with a total of 81 respondents, and the age of Marriage over 30 years was 8% with a total of 12 respondents.

This research method is quantitative. Researchers applied data collection using questionnaires to the sample using the Likert scale answer selection. The marital harmony instrument modifies the marital harmony scale by Hawari as follows [10]:

Table 2. *Blueprint of Marital Harmony Scale*

No	Aspects	Favourable	Unfavourable	Total
1	Religious life	23	1,7,13	4
2	Have time with your partner	24,25,27	2,8,14	6
3	Have good communication	3,9,19,22,	15,26,28	7
4	Mutual respect	4,10,16	0	3
5	Romantic relationship with partner	5,11,20	17	4
6	Quality and quantity of conflict	6,12,21	18	4
	Total	16	12	28

The examples of the item of on each aspect are “My partner and I are less devout in worship” for religious life, “I spend more time not with my partner” for having time with your partner, “I always tell the problem to my partner” for have good communication, “My partner and I respect each other's opinions” for mutual respects, “I feel close to my partner” for romantic relationship with partner, and “My partner and I are always patient in dealing with problems” for quality and quantity of conflict.

With the Love Languages instrument, the researcher modifies the five love languages scale by Surijah and Kirana as follows [18]:

Table 3. Blueprint of Love Languages Scale

No	Aspects	Favourable	Unfavourable	Total
1	Words of affirmation	1,6,11,16,26	21,31,33	8
2	Quality Time	2,17	7,12,22,27	6
3	Acts of Service	3,8,13,23	18,28	6
4	Giving a Gifts	4,9,19,29	14,24	6
5	Physical Touch	5,15,20,30	10,25,32	7
	Total	19	14	32

The examples of the item of each aspect are “I feel very happy when my partner says that he is proud of me” for words of affirmation, “I really enjoy traveling with my partner” for quality time, “I feel loved when my partner helps with household chores on their own initiative” for acts of service, “I feel most loved when I am given gifts by a partner” for giving gifts and “I am very happy when my partner hugs me” for physical touch.

In this study, researchers conducted instrument validity by conducting a scale trial of 40 civil servants who were married and worked in Sokaraja District, Banyumas Regency. Because N or the number of subjects is 40 respondents, the correlation number is at least 0.304. The correlation number of 0.304 can be used by researchers to measure the validity of the two variables.

Researchers assess the validity of the contents of the scale before being tested with respondents so that the scale is relevant and consistent with the purpose of measurement. Content validity must be estimated by rational analysis using expert judgment tests. After conducting content validity on the scale and testing the respondents, the researchers conducted a reliability test using the Cronbach Alpha technique. Both tests were measured using the SPSS version 25 application [4].

The data analysis method that will be used in accordance with the research hypothesis is linear regression analysis. Linear regression analysis is a statistical method that seeks to model changes in variable X followed by changes in variable Y permanently [17]. Regression analysis is also an analytical tool used to measure the influence of the independent variable (X) and the dependent variable (Y). In this study, the independent variable (X), namely love languages, and the dependent variable (Y), in this study, namely marital harmony.

4 Result

Based on the results of the analysis of the marital satisfaction scale trial, it was found that a valid item has a validity coefficient moving from 0.688 to 0.940 with a significance level of 5%, an

R table of 0.304 is said to be valid if R count > R table. From the validity test of the 28 items tested, there were 28 valid items because their validity value was more than 0.304. While the results of the analysis of the marital satisfaction scale trial obtained a valid item that had a validity coefficient moving from 0.335 to 0.907 with a significance level of 5%, an R table of 0.304 was said to be valid if R count > R table. From the validity test of the 33 items tested, there were 32 valid items and one invalid item because the validity value was below 0.304.

Table 4. Results Validity Test

Variable	Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
Marital Harmony	.989	.989	28
Love Languages	.963	.962	33

Based on the results of the reliability test, the marital harmony scale obtained a value of 0.989, while the value on the love languages scale was 0.962. Thus, the two scales have a Cronbach alpha reliability coefficient of .963, which means that there is consistency in the results of the measuring instrument [4].

Table 5. Results Hypothesis Test

Model	Coefficients					
	Unstandardized Coefficients		Standardized Coefficients		t	Sig.
	B	Std. Error	Beta			
1 (Constant)	1.867	6.829			.273	.785
Love Languages	.917	.063	.767		14.620	.000

a. Dependent Variable: Marital Harmony

Based on the results of hypothesis testing, the love languages variable has a significance value of 0.000. This value is less than 0.05. Meanwhile, the t count obtained a value of 14,620 > t table (1,975), so the love languages variable has an effect on the marital harmony variable. So, the hypothesis that the love languages variable has a partially significant effect on the marital harmony variable is **accepted**.

The results of the analysis of the determinant coefficient obtained by the value of R Square from the regression model are used to determine the ability of the independent variable (independent) to explain the dependent variable (dependent). Based on the table above, it is known that the R Square value is 0.585. This means that 58.5% of the variation in the dependent variable in this study, namely marital harmony, can be explained by variations in the independent variable, namely love languages. While the remaining (100% - 58.5% = 41.5%) is influenced by other variables outside this study. That is all that has answered this research objective.

5 Discussion

The hypothesis in this study is that love languages have an influence on the marital harmony of civil servants in the Banyumas Regency. This is in line with the theory that love languages have a positive effect on marital harmony. There are two important things in understanding love

languages as humans: first, understanding love languages will help us recognize ourselves in expressing affection for others, and second, it encourages us to convey or express Love more effectively to love others [20]. According to the quality of the relationship, Egbert and Polk that there are three types of partners depending on the love language each partner likes, namely: matched, partial match, and mismatch [9]. The theory in this study increasingly explains that the quality of the relationship by some couples has something to do with conditions that are suitable or not suitable for one another. Other opinions about marital harmony are also presented by Sainul, that A loving, peaceful and calm household is a household where every individual can complement one another, perfect the family, care for each other, and work together for the common good [9]. The terms *sakinah*, *mawaddah*, and *warahmah* are used to describe a harmonious household. If we look closely, this statement can be divided into three categories, namely marriages that are *sakinah*, *mawaddah*, and *warahmah*. Each of the three categories of words has its own and different meaning. Where *sakinah* is peace of heart, *mawaddah* is compassion, and *warahmah* is tenderness and empathy.

Bunt and Hazelwood proposed that relationships are strengthened when both partners in a relationship 'speak' the same love language [5]. Conversely, relationships are challenged when one partner's primary way of expressing Love differs from that of the other. Besides that, if a spouse can determine the expression of Love that makes one's partner feel most loved, greater relationship satisfaction shall be achieved despite its immense popularity in the popular psychology literature and recent uptake as part of the Stronger Relationships initiative. This is in line with Olson & DeFrain, that basically, everyone has these five love languages. It's just that usually, there is a love language that is more dominant/more often expressed by that person. For example, People who love languages tend to be more dominant in acts of service. Usually, these people are more likely to express their Love through attitudes of service without being asked, such as offering a helping hand to their partner so that their partner can reduce their burden [14]. The person is also usually more willing to accept the expression of Love through romantic acts.

Every expresses love among individuals. Love is shown either by words or actions. Love language is shown depending on how the individual shows and acts their feelings towards others. Showing Love helps every individual have a good. Delivering Love among people shows that each person is caring and fond. Love is important in life, and it has a different way to be shown in action, for instance, care, respect, and responsibility. Love brings peace and good relations among people in a society. Therefore, Love can be applied by humans to connect relationships and to unite between humans and society. Moreover, the love languages of each individual can be determined by the signs and reactions from other's actions or words, especially in the world of Marriage [8]. Even marriage Age certainly has the hope that the household relationship will have marital harmony. Marital harmony can be realized with the efforts of each individual to love each other and behaviors that can increase the love factors. Marital harmony will also occur if every element in the household is able to function and play a role as it should. Harmony in the household will be more beautiful if the husband and wife can understand and respect each other [3].

The limitation of the researcher is the less specific population, so the population found is quite a lot to be studied in this study for future researchers to be able to find populations with more conical characteristics so that the research carried out can be more specific. Besides that, it is suggested that future researchers can examine other variables that can affect marital harmony as well as different research methods, such as qualitative methods.

6 Conclusion

Based on the results of data analysis and discussion of the effect of love languages on marital harmony, it can be concluded that the hypothesis in this study is accepted. The conclusions of this study are: there is a significant influence between love languages and marital harmony with a significance value of 0.000. This value is less than 0.05. Meanwhile, the t count obtained a value of $14,620 > t \text{ table } (1,975)$, so the love languages variable has an effect on the marital harmony variable. This proves that high love languages will also have a strong influence on marital harmony among civil servants.

For future researchers, they can look for populations with more narrow characteristics so that the research carried out can be more specific. In addition, it is suggested that future researchers can examine other variables that can affect harmonious marriage as well as different research methods such as qualitative methods. For the Human Resources Development Personnel Agency (BKPSDM) in Banyumas Regency, it is hoped that it will organize guidance on marital harmony for married Civil Servants in Banyumas Regency. Civil Servants who are married in Banyumas Regency need to pay attention to every dimension of love languages so they can have good marital harmony as well.

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