

Family Resilience in Perspective Stenberg's Triangular Theory of Love

Linda Ariastuti^{1*}, Nina Zulida Situmorang²

^{1,2}Faculty of Psychology, Universitas Ahmad Dahlan, Yogyakarta, Indonesia

*2208044041@webmail.uad.ac.id

ABSTRACT

Family harmony is a goal that every couple wants to achieve in marriage. To maintain family harmony, resilience is necessary. Family resilience is the ability generated from within individuals in the family to adjust when faced with unpleasant situations or conditions in the dynamics of family life faced by married couples. One factor that increases family resilience is the firm foundation of love in couples, analyzed from Sternberg's Triangular Theory of Love. This study aims to increase family resilience using Sternberg's Triangular Theory of Love with three essential components to build the foundation of harmony in the family. Research methods are literature reviews from books and journals on the research topic. The results of the review based on the literature review found that Sternberg's Love Triangular theory contributed to increasing family resilience. Three significant components that become the basis for creating family resilience are 1) Intimacy as a sense of bonding, attachment, and feeling close in a romantic relationship. These feelings are based on emotion combined with trust between two parties. 2) Passion is a strong drive to be with someone in love, which is supported by physical and sexual attraction. Moreover, 3) Commitment/Decision is the decision to love and set the desire to be forever with his life partner. The three pillars of love strengthen the couple's relationship to survive marriage.

Keywords: family, resilience, stenberg's triangular theory of love

Introduction

The family is the smallest group in community life. Article 1 of the Constitution of the Republic of Indonesia Number 1 of 1974 states that marriage is a physical and spiritual bond between a man and a woman as a husband and wife with the aim of building a happy, eternal family based on Belief in One Almighty God. The strength of the love relationship between partners is often associated with family harmony because love is the goal of marriage (Zakiah, 2012). According to Zakiah (2012), marriage is often referred to as an official bond between a man and a woman based on love. In an ideal marriage offers intimacy, commitment, friendship, affection, fulfillment of sexual needs, emotional growth for the individual, and a new source of identity and individual self-esteem (Zakiah, 2012).

However, the phenomenon that occurs in society shows that many marriages end in divorce. Indonesia is a country with a high divorce rate. This is evidenced by the data recorded in the Religious Courts and District Courts. Based on history, the divorce rate in Indonesia is fluctuating. Research conducted by Mark Cammack, a professor from Southwestern School of Law-Los Angeles, USA, found that the divorce rate in Southeast Asia, including Indonesia, was among the highest in the world in 1950. At that time, out of 100 marriages, 50 of them ended in divorce. Divorce can occur due to several factors such as infidelity, disharmony, and economic problems which are the most common causes.

Therefore, there is a need for resilience in maintaining family resilience to avoid negative things that are not wanted by a family (Ike Herdiana, 2018). As we all know, every family has challenges and problems are inseparable. One of the factors of incompatibility between husband and wife is since there are different opinions between husband and wife, which creates a conflict in the family. Conflict is a word that contains the meaning of a problem. This conflict can arise due to misunderstandings in communication (Juanda & Sjanette Eveline, 2018).

Thus, the need for resilience that is built by family members, especially husbands and wives in maintaining the household, because the support of each partner can contribute to creating family resilience. Black & Lobo (2008) argued that the perspective of family resilience is a way of recognizing family strengths, family dynamics, reciprocal relationships that occur in the family and the social environment. According to Walsh (2006), family resilience is unique in the family because families become stronger and wiser when divided by problems or pressures that occur continuously. Walsh (2006) emphasized that it is very important to understand how a family can integrate fearful experiences, after which it can continue to live life lovingly.

Previous research has shown that there is a relationship between love and happiness (Snyder & Lopez, 2002). A person who is in love is significantly happier than someone who is not in love. Likewise, people who are in a married relationship were found to be happier than those who were not married. So, it can be said that people who are in a romantic relationship as a married couple are happier so that a satisfying romantic relationship can improve psychological well-being, physical health, and show a longer life expectancy.

Family has many meanings of love. According to Sternberg, love consists of three basic components, namely intimacy, passion, and commitment. First, the intimacy component, is an emotional feeling related to warmth, closeness, and sharing in relationships. Second, the arousal component related to physical and sexual attraction to partners. Third, the commitment component which is a cognitive assessment of the relationship and the individual's passion to maintain the relationship. Therefore, with the formation of these three components in a balanced way and can form an equilateral triangular, a perfect love will be formed (Sternberg, 2004). Based on previous research journals, it was found that the three components of love according to Sternberg had a significant relationship with the length of a romantic relationship (Lemieux, R., J, L., 2002).

Lemieux & Hale (2002) conducted research related to the three components of Sternberg's love in dating, engaged, and married people. The subjects used were 446 people and used one-way analysis of variance. The results of this study indicate that the intimacy component has the same negative moderate relationship as the passion component. Meanwhile, the commitment component has a positive moderate relationship. Then, dating subjects get low scores on the intimacy component and the passion component. Engaged subjects scored high on intimacy and passion, while married subjects scored low. Then, the commitment component increased from dating subjects to married subjects. Previously, Lemieux and Hale (2002) conducted research on intimacy, passion, and commitment to married individuals. They involved 213 married subjects. The three components turned out to have an influence on the relationship to sacrifice each other. However, men's scores were higher than women's scores on the intimacy component. So, from this study it can be concluded that the components of intimacy, passion, and commitment are needed to improve household harmony.

From the explanation about love in marital relations, it is necessary to carry out further research regarding the contribution of Sternberg's Triangular Theory of Love in increasing family resilience. It is assumed that if the foundation of a couple's love is very solid, it will increase the resilience of the family. In theory, the Sternberg Triangular emphasizes three basic components that are related to one another to increase family resilience. So, in this article, the author wants to analyze Sternberg's Triangular Theory of Love in increasing family resilience.

Family Resilience

In the perspective of family resilience, family members can recognize each other's strengths, are able to deal with dynamics, maintain reciprocal relationships to deal with conflicts that arise, so that every problem becomes a reinforcement for family resilience, not a destroyer (Luthar et al, 2000). In the traditional perspective, family resilience is the sum of the resilience of family members. Then, major changes occurred in the development of the concept of family resilience. There are two different perspectives on family resilience, namely family resilience as a trait and resilience as a process. The two researchers then created two camps in their investigation. First, the research conducted by McCubbin and McCubbin uses the concept of family resilience from a trait perspective, to analyze family resilience to crisis situations. Second, research conducted by Patterson using the concept of family resilience from a process perspective, to see the ability of families to actively mobilize strength so that they can function again as before before the emergence of a stressor or crisis. However, recent research on family resilience emphasizes interaction from the point of view of nature and process to produce a holistic or comprehensive knowledge (Herdiana, Suryanto, & Handoyo, 2018).

The following are some of the resources owned by families to support family resilience when facing family dynamics (Black & Labo, 2008). First, have positive thoughts. According to Bradbury & Karney (2004), positive emotions such as affection, humor, optimism, having positive solutions, being able to make suggestions that can strengthen one another will make the family stronger. Second, spirituality. Families who adhere to a belief that is felt to be able to give suggestions on meeting positive solutions to problems experienced by the family (Tarakeshwar & Swank, 2001). Third, there is an interest in family members. Attraction between partners can make families able to build cooperation and find solutions to all problems that befall a family. This includes good coordination, mutual motivation, and a large impact on conflict resolution. Fourth, flexibility, which refers to the family's ability to rebound and reorganize in the face of challenges while maintaining continuity (McCubbin & McCubbin, 1988). Fifth, family communication. According to Defrain (1999), harmonious communication is at the core of how families create a shared sense of meaning, develop coping strategies, and maintain agreement and balance. Meanwhile, according to Walsh (1998), there are three important aspects of family communication, namely clarity, open emotional expression and collaborative problem solving. Sixth, financial management. Making good decisions in the family regarding financial management with family economic status can contribute to family welfare. In addition, family financial pressures can also present stress in the family, affecting emotional well-being and interpersonal relationships (Mederer, 2002). Seventh, time together, namely spending time with family such as relaxing together, eating together and doing tasks together is a strategy to build family continuity and stability in family life (McCubbin & McCubbin, 1988). Eighth, interest in recreation. This serves to facilitate family health. Setting up enjoyable family time will result in attachment, intrinsic appreciation, happiness, learning, humor, and the pleasure of sharing experiences (Bowlby, 1982). Ninth, ritual activities performed regularly. According to Fiese, et al (2002), routine family activities contribute to strengthening family member relationships, which tend to produce good parenting habits and can provide family stability. The last, social support. A healthy family not only gets social support from the community, but the family can also provide community support. The family support system and broader relatives can socialize reciprocally in providing information and contributing to family welfare (Luthar et al, 2000).

Sternberg's Triangular Theory of Love

This theory explains that every love relationship consists of three basic components that appear to varying degrees in each partner (Aron & Westbay, 1996). Sternberg (2009) suggests that love has three basic components, including intimacy, passion, and commitment.

According to Sternberg, this component is present because of the closeness felt by two people, in this case a husband and wife who can unite them in a strong bond. Basically, intimacy is a feeling of mutual love between partners. Couples who have high intimacy will maintain the welfare and happiness between partners, that is, they will respect, like, rely on, and understand each other. In the intimacy component, there are several indicators of intimacy. First, have a passion to improve the welfare of loved ones. Someone will pay attention to the needs of other people he loves, then improve his own welfare. This action is expected to get a reply from the person he loves. Second, happy with loved ones. Individuals will enjoy the activities undertaken if together with a loved one. This togetherness will form memories that may be remembered in difficult times in the future. Third, appreciate loved ones. Individuals will respect each other, and respect loved ones. Even though there are deficiencies or defects in the partner, this does not reduce the appreciation given. Fourth, can rely on loved ones. Individuals will feel that their partners are there when they are needed. Every couple hopes their partner is always there for them. Fifth, give and receive emotional support from loved ones. In this case, the individual will support and feel supported by loved ones, especially in times of need. Sixth, mutual understanding and understanding with loved ones. If a person understands the strengths and weaknesses of his partner, then he will give empathy to the emotional condition of his partner so that they can understand each other. Seventh, able to establish intimate communication with loved ones. Someone is naturally able to build intense and honest communication with partners and share the deepest feelings. The last, considering the importance of loved ones in his life, that is by feeling how important it is that loved ones are always there in his life.

Passion component is based on the presence of romance, attractiveness, and sexuality. In other words, passion is passionate love. This component tends to emphasize men more than women (Fehr & Broughton, 2001). In love, passion tends to get mixed up with feelings of intimacy, so that in some relationships between men and women, it begins with passion and then creates intimacy. For example, someone will form a relationship that is getting closer to other people because of physical attraction. Passion is one of the physiological elements that causes individuals to have a feeling of wanting to be physically close, to enjoy or feel physical touch, to the passion to have sexual relations with their partner.

The commitment component arises because of cognitive factors, such as the decision to love and want to be with a partner and the commitment to maintain a relationship forever. The commitment component has two aspects, namely the short-term aspect related to the decision to love someone. Next is the long-term aspect related to the commitment to maintain love. In other words, commitment can be said to be someone's determination to stay with loved ones until the end of their lives. What needs to be emphasized in the commitment component is the feeling of mutual support between partners in dealing with household dynamics.

If the three components are equally balanced and strong, then the result is perfect love. This level of love is an ideal form of love, but difficult to achieve. In addition, Sternberg stated that there are different characteristics of the three components of love based on the length of the relationship. At a short relationship age, making a person have sufficient intimacy, high passion, and low commitment. While in a long relationship, the individual has high intimacy components, sufficient passion, and high commitment. The longevity of marriage can be seen from the length of time a marriage has taken since a man and a woman are legally married. The time of marriage can be divided into two, namely short marriage age (0-10 years) and long marriage age (11 years and over) (Strong, B., Devault, C., & Cohen, T.F., 2011). By Therefore, it can be concluded that the older the relationship, especially in the marriage relationship, the characteristics, and functions of the three components of love will change.

Method

The method used in writing this scientific article is a literature review obtained from books and journals that are relevant to the research topic, which is related to family resilience which is analyzed using the Sternberg's Triangular Theory of Love. Literature review is a scientific study centered on a particular topic. In addition, a literature review will also describe the development of a particular topic, where a researcher has the possibility to identify a theory or method, develop a theory or method, identify contradictions that occur between a theory and its relevance in the field or to a research result. Rowley & Slack, 2004; Bettany-Saltikov, 2012).

Good review literature does not only summarize several scientific sources, but good review literature is scientific work that can analyze, summarize, and evaluate critically to provide clear descriptions and information on a topic that is relevant to the research discussion (Hart, 2018). In this study, the authors used the citation technique to find out the original references from quotations or to cite statements from other experts. Based on the library sources that are in accordance with the research topic, the writer then conducts an analysis, compares one library source to another, looks for similarities and differences, and concludes.

Results

Sternberg's Triangular Theory of Love to Increase Family Resilience

From the reviews that have been carried out through journals, books, and research that has been done, the authors found that there is a contribution to the to increase family resilience in increasing family resilience, as is the case with research conducted by Sanu & Taneo, JKPP (2020), stating that in family's harmony requires an intimacy, passion, and commitment in maintaining family harmony.

Intimacy

The intimacy component has several indicators that can increase family resilience. Here's an explanation. First, the indicator has a passion to improve the welfare of loved ones. What husband and wife can do, among other things, is the importance of cultivating patience in teaching their partner when they make mistakes, building assertive communication so that misunderstandings don't occur, trying to do funny things when their partner is angry, and liking to give gifts to their partner.

Second, happy indicators with loved ones. Based on a literature review of the research that has been conducted, it states that married couples are happier living with their partners in both difficult and happy situations. Because, for them, living with loved ones has become their own strength to live the dynamics of life, including household life.

Third, indicators of respect for loved ones. Based on the literature review that has been carried out, it states that the form of respecting a partner is by carrying out the rights and obligations as husband and wife properly. In addition, mutual respect arises when husband and wife can accept each other's shortcomings. Thus, what needs to be emphasized in the respect indicator is the awareness of carrying out household rights and responsibilities and having the willingness to continue learning about partners so that they can understand each other and be able to create healthy communication between husband and wife under any circumstances.

Fourth, indicators can rely on loved ones. Previous research states that husbands and wives have expectations that their partners are reliable people in their lives, for example, there is a need for a firm and wise head of household, a teacher who always protects and educates his wife, a gentle figure of a wife who is needed by her husband, etc. When couples get the figures they need

from their partners, this will further strengthen family resilience, because a reliable partner is part of life.

Fifth, indicators of mutual understanding and understanding. The results of a literature review from journals state that when starting a marriage, husbands and wives still find it difficult to understand their partner because of the need for adaptation of two people who have different backgrounds and characters then unite in a marriage bond. So, adaptation to understand each other is a natural thing at the beginning of marriage. As time goes by and moments of togetherness that occur more frequently will bring a sense of understanding to husband and wife. Family resilience will be created if this mutual understanding and understanding is implemented in dealing with household problems, so that husbands and wives can create genuine affection for their partners.

Sixth, indicators of building close communication. Based on the journals that have been reviewed, it is said that communication in the household also means learning to be fully present in discussions and listening to partners. Because with this approach, husbands and wives can lower their egos to win alone and it is hoped that the discussion space can be a guide in resolving household conflicts. Communication will not run smoothly if only one partner is dominant. Because in marriage, there is a need for husband-and-wife awareness who are willing to learn to improve and maintain their household through communication. Intense communication can be done every day starting from things that can, for example, talking about daily activities with your partner before going to bed.

Seventh, the indicator considers the people they love important. Based on previous research, it was found that there is a feeling of gratitude felt by every husband and wife. For them, their partner is the most beautiful gift in life and cannot imagine living without their partner. The creation of this feeling of gratitude for having gone through a household journey that is not easy so that it gives confidence that going through all the challenges of life with a partner is the best way to maintain family harmony.

From the seven indicators above, it can be said that the indicators built by the couple in fulfilling the intimacy component are one of the strategies in maintaining household harmony. If the seven indicators are implemented as well as possible by husbands and wives in household life, they will contribute to increasing long-term family resilience. The application of indicators to the intimacy component is in line with several resources owned by the family to support family resilience when facing family dynamics.

Passion

This component includes encouragement that leads to physical attraction and the urge to have sexual relations based on feelings of liking in a romantic relationship, in this case especially in husband-and-wife relationships. However, there is research showing that most couples place more importance on personality attraction than physical attraction. In addition, previous studies stated that couples who have passions cannot be separated from their partners. Physical closeness is an important happiness factor to do with your partner. For example, if there is a husband and wife who are in a distance relationship for one reason or another, then they will make regular time to visit their partner. In addition, satisfaction of sexual needs also supports the passion component because sexual satisfaction is needed to maintain family harmony. From several sources stated that sexual relations can increase closeness to partners both physically and emotionally so that sexual relations can be one way to increase family resilience.

Commitment

The commitment component is a component of love that often appears in marriage. With a commitment, each couple can survive in maintaining the integrity of their marriage, and in several journals, it is shown that couples who have succeeded in maintaining the integrity of their

household when the age of marriage has reached five years. The commitment component can increase a husband's loyalty to his wife, and vice versa. In addition, commitment arises because there is a belief in spiritual factors, namely the belief that marriage is something sacred in the presence of God Almighty, then husbands and wives will continue to maintain sincere feelings of affection for each other to maintain family integrity.

Several studies have shown that religious factors and the couple's religious awareness regarding the sacred values of marriage are also important factors in making decisions to maintain household conditions, reasons for divorce, or reconciliation between spouses (Black & Lobo, 2008; Caldwell & Senter, 2013). This is in line with research conducted by Jane (2006) and Filsinger & Wilson (1984) which states that belief in religion has a very large impact on long-term marriage. In addition, religion also has a function in marriage by making partners more satisfied. So, it can be concluded that awareness of the existence of sacredness in marriage is crucial in the component of commitment between partners so that it can be a reference for building family resilience.

Conclusion

Based on the results of the literature review that has been carried out, it was found that the Sternberg Triangular Theory of Love contributes to increasing family resilience. Three important components that form the basis for creating family resilience include, (1) Intimacy, as a sense of attraction, attachment, and closeness in the romantic relationship between husband and wife. This feeling is based on emotion combined with mutual trust. (2) Passion, namely a strong urge to love a partner that is supported by physical and sexual attraction. (3) Commitment is the decision to love and determine the passion to be forever with his life partner. These three components of love strengthen the relationship between husband and wife to maintain the marriage in the long run.

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