



# Communication patterns in resolution of interpersonal conflicts in cases of disloyalty in premarried couples in Yogyakarta

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## ABSTRACT

### Keywords

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Conflict

Cases of infidelity in premarital partners are difficult to avoid. Infidelity is a form of conflict that can damage trust and destroy a relationship in premarital couples. Good communication is needed to resolve and create solutions to interpersonal conflicts. This research uses Joseph De Vito's theory about communication patterns as a theoretical basis. This research aims to describe in detail communication patterns in resolving interpersonal conflicts in cases of infidelity among premarital couples in Yogyakarta. The research method uses qualitative descriptive research with qualitative analysis methods. The three pairs of informants, the researcher studied that two of the three pairs of informants used a monopoly communication pattern as a communication pattern used in conflict resolution, causing conflict resolution to be dominant on one party so that the solution did not benefit both parties. The equal communication pattern is an alternative for resolving conflict, because freedom of opinion for each party is prioritized and openness means that the solution created can benefit both parties. Factors that influence the communication patterns used in accommodative conflict management monopoly communication patterns where one party puts aside their personal desires, so that the solution that occurs only benefits one party. Meanwhile, the factor that influences a couple using an equal communication pattern is collaborative conflict management (collaboration style) which creates a win-win solution for both parties.

## 1. Introduction

Marriage is a legal bond between two people in the eyes of religion and the state. Marriage is expected to only occur once in a lifetime, therefore two individuals must think about marriage carefully. The individual process towards marriage requires a long process. There are many phases that individuals must pass through. One of the phases that is passed is the introduction process. According to (Nurlianto, 2021), there are several types of personality recognition processes between couples, including matchmaking, dating and ta'aruf. But nowadays, the process of getting to know each other between two individuals is still the process of dating.

Anjaly & Naryoso (2016) in a relationship there are several main problems that can cause long conflicts, including intimacy problems (related to the portion of affection), power problems (related to possessive behavior, equality), personal deficiency problems (related to physical assessment). and appearance, or certain unpleasant traits), distance, social problems (culture, race, beliefs, etc.), disturbing past.

The rate of infidelity in Indonesia is considered quite high in Indonesia. According to an article published on pramborsfm.com entitled "40 Percent of Couples Have Cheated, Indonesia is the Second Country in Asia with the Most Frequent Cheating" which states that one of the online dating applications, JustDating, found that 40% of couples in Indonesia have had an affair and this makes

Indonesia is ranked second as the country with the largest cheating rate in Asia (pramborsfm.com, 2022)

A person lives as a social creature who definitely needs other people in his life. They always look for the best among the many choices to fulfill their needs. Hurlock in (Anjaly & Naryoso, 2016) infidelity reaps different reactions in each individual. For some people, after encountering infidelity, they will choose to leave their partner, but for some people they will still try to repair the relationship, even though repairing a relationship is not easy and requires good communication.

Yogyakarta itself is known as a student city. According to 2017 IDHS data quoted from the DP3AP2.jogjaprovo.go.id website, 80% of women and 84% of men admitted to having been in a relationship (Nida HN, 2020). This indicates that there are quite a few premarital couples occurring in Yogyakarta and does not deny the possibility that there are many cases of infidelity occurring in premarital couple relationships in Yogyakarta.

A case study written by (Putri & Indriyatna, 2012) a scientific study entitled "Communication Patterns of Married Couples After Infidelity in Maintaining the Household". According to the author, there are 4 types of communication patterns, namely balance communication patterns, reverse balance communication patterns, unbalanced separation communication patterns, and monopoly communication patterns. However, in his research, the author found that the majority of his sources used an unbalanced separation communication pattern in post-infidelity communication in maintaining the marital relationship.

In connection with the cases above, researchers are interested in studying communication patterns in resolving interpersonal conflicts in cases of infidelity in premarital couples. This is because couples after infidelity, in this case referring to infidelity, will have several communication patterns used to handle the resolution of interpersonal conflicts that occur between premarital couples. What are the communication patterns in resolving interpersonal conflicts in cases of infidelity among premarital couples in Yogyakarta?

Interpersonal communication according to Devito (in (Suciati, 2017)) says there are seven qualities or skills that are considered to create effective interpersonal communication, namely openness, empathy, positive attitude, unity, management. interaction (interaction management), expressiveness, and orientation to other people (other-orientation). According to (Wijaya, 2013) Interpersonal communication is not static or fixed communication, but interpersonal communication can develop, depending on the level of relationship between the people who take part in the communication, what message is communicated and how the message is communicated.

Conflict is a process between two or more people in which one tries to eliminate the other by destroying or paralyzing him. Conflicts that arise in individuals arise from poor direct or indirect communication between information providers and information recipients, and the resulting conflicts can cause division or hostility between this person and others in the individual and community (Nisa, 2015). Interpersonal conflict can be defined as an actual or perceived incompatibility of interests, goals or needs, and often arises from incompatibilities between interdependent parties. In the case of service interactions, the client's perception of the service worker can negatively impact what is important to the client, or conversely, create conflict.

In the Big Indonesian Dictionary it is explained that pattern means a system or way of functioning, a fixed form or arrangement where the pattern itself can be considered as an example or pattern (Alhakim, 2014). According to Djamarah (in (Trisiah, 2019)), communication patterns are defined as forms or patterns used by two or more people to send and receive messages in the correct way so that the message in question can be understood. Joseph A Devito (in (Suprobo, 2018)) revealed that there are four communication patterns, the similarity communication pattern (*Equality Pattern*), separate balanced communication patterns (*Balance Split Pattern*), separate unbalanced communication patterns (*Unbalance Split Pattern*), monopoly communication pattern (*Monopoly Pattern*).

## 2. Method

The research that will be carried out is a qualitative research method. Qualitative research aims to examine in depth the phenomenon being studied (Sugiyono, 2015). The data collection technique used

in this research used in-depth interviews (in-depth interview) as primary data and this research uses a triangulation data validity test.

### 3. Result and Discussion

Researchers conducted research on three premarital couples in Yogyakarta. According to the researchers, by considering several aspects, the three premarital couples had met and met the research criteria. The researcher felt sufficient and worthy of accountability from the informants.

#### 4.1. Presenting the Results

Interpersonal conflicts between individuals often occur, especially among premarital couples who are in a romantic relationship. This stage often occurs when interpersonal problems take the relationship to a more serious stage, namely marriage. Various kinds of conflicts occur when introducing, starting a relationship, and when carrying out a relationship.

This happens very often among premarital couples. Starting from small things that are felt to be incompatible with each other, such as the intensity of habits for exchanging news, the language of conversation, hours of activity and rest, to big things related to infidelity, such as infidelity which often occurs between pre-marital couples.

Cheating according to the Big Indonesian Dictionary (KBBI) is liking to hide something for one's own benefit; not honest. So it can be concluded that cheating is an act of dishonesty and hiding something from a party when undergoing a relationship or commitment from a partner.

Disclosure of feelings when a conflict of infidelity arises, especially infidelity in premarital couples, results in a lot of emotional feelings for each individual. This is the beginning of the conflict that occurs in each couple. The emotions that occur are caused by actions carried out by one party and have an impact on the emotions felt by the other party which have an impact on both parties involved in a relationship, namely the premarital couple.

#### 4.2. Create a Discussion

##### 1. Equality Communication Pattern (Equality Pattern)

Positive results occurred when all three pairs of informants implemented balanced communication patterns. When a couple carries out this pattern until a solution is created, it will be a win - win solution for both parties and will be the most effective communication pattern in resolving conflict.

###### a. Pair DA and AF

In this case, the informants initially had different portions in communicating, but as time went by, the dominant informant was able to provide the same portion without bringing in the ego of each informant. This provides an equal portion in resolving the conflict that occurred for both informants.

###### b. AA and HN pair

Couple 2 practices equality in communication, namely first by openly discussing anything together in the household, nothing is hidden and nothing is kept to themselves, anything is always shared with the partner. Second, the presence of a comfortable atmosphere makes couples more able to express how they are feeling.

###### c. Pair BM and R

Carrying out the equality of communication that has been created makes differences for partner 1 and partner 2 in looking at what efforts can be made together to improve existing communication. Couple 1 sees that things that need to be improved in their communication is to be more sensitive and more open to their partner, while partner 2 sees that things that need to be done to make communication better is to maintain communication itself.

##### 2. Balanced Communication Pattern (Balance Split Pattern)

Having their respective portions and expertise without judging others when applied to the three informants resulted in quite effective and successful communication in the conflict resolution process

a. Pair DA and AF

The communication carried out by DA and AF involved mutual discussions between informants in solving problems by providing opinions from each party. This is often done by both informants in solving problems. The aim of providing equal communication has been agreed upon by both informants in solving problems,

b. AS and HN pair

Communicating with your partner discussing matters related to daily life is a habit that can strengthen your relationship with the openness given by each partner. Even though their time is limited and their hobbies are not compatible, they still believe that their openness makes them believe that their relationship is important. These things make couples try to maintain their commitment to each other

c. Pair BM and R

Communicating with your partner to discuss topics related to daily life is a habit that can strengthen your relationship thanks to the openness that each partner brings. Even though their time is limited and their interests are not aligned, they still believe that openness makes them believe that their relationship is important. These things cause couples to try to remain committed to each other.

### 3. Unbalanced Communication Pattern (Unbalanced Split Pattern)

Unbalanced communication causes the solutions created to be unsatisfactory to both parties. When these indicators occur to informants, communication tends to be less effective in the conflict resolution process and should be avoided.

a. Pair DA and AF

The conflicts that arise often stem from jealousy due to a lack of mutual trust. The emotions that arise during conflict are related to the extreme level and low level of self-confidence of Informant 1, because he feels defeated by another woman who is his lover's mistress. Informant 1's partner also finds it difficult to trust his partner because he feels that Informant 1 has male friends and is afraid that Informant 1 will fall in love and be more comfortable with his male friends.

b. AA and HN pair

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c. Pair BM and R

Conflict stems from jealousy due to low levels of mutual trust. Informant 2 felt worried that he did not deserve to be loved because he felt that his partner was easily attracted to other women and left Informant 2. Both parties tended to find it difficult to give in and admit their mistakes, resulting in conflict to find a solution together. When one party feels comfortable and hurt, they will immediately become emotional and blame their partner completely without hearing an explanation from the party who is being blamed. Recurring conflicts are also caused by repeated mistakes, such as informant 2 who is always jealous and controlling towards his partner, causing the partner to repeatedly feel uncomfortable with his attitude. Meanwhile, Informant 2's partner has a partner who gets jealous easily but doesn't maintain distance in friendship, is too close to other women, and doesn't care about Informant 2's feelings.

### 4. Monopoly Communication Pattern (Monopoly Pattern)

Communication that is monopolized by one party causes communication to be very ineffective and the conflict that arises becomes even bigger when this pattern is used by all three pairs of informants. the solution created is a win-lose solution and this communication pattern must be avoided when solving problems.

a. Pair DA and AF

At the start of a conflict, one-way communication often occurs which places restrictions on other informants from sharing their opinions. This often happens to one of the informants who was formed from the start because the other informants did not have the courage to express their opinion from the start of the conflict.

b. AA and HN pair

The source of problems that often cause conflict between couples is language differences, other problems that arise are cultural differences and differences in values brought by their partners, which are quite difficult for respondent 2 to overcome, so they often experience conflict because they cannot accept and adapt to each other. habit. In this case, the two respondents have different sources of problems in relationships.

c. Pair BM and R

At the start of a conflict, there is often one-way communication so that other informants cannot express their opinions. This usually happens to one of the trained informants because the other informants do not dare express their views at the start of the conflict.

#### 4. Conclusion

The process of interpersonal communication in couples in conflict takes place first with prejudice/suspicion from the party making the accusation without clear evidence, the silence of the party who does not discuss any issues, whether personal or other, the selfish factor of the partner who feels they are the most right and don't want to hear each other and accept their partner's opinions. This makes communication between partners ineffective, leading to arguments. Conflict resolution is done by quarreling couples looking for a win-lose or win-win solution. However, conflict resolution between couples can run well and effectively if it goes to the mediation stage carried out by counselors, with an effective communication pattern, namely an equality pattern which is proven by the results of a win-win solution from both parties because communication is open, honest and equal.

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