

DESCRIPTION OF DATING EXPERIENCE IN ADOLESCENTS: A PHENOMENOLOGICAL STUDY

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ABSTRACT

KEYWORDS

experience, phenomenological studies, relationships, romantic relationships, youth

Adolescence is a transition phase from childhood to adulthood with various physical, cognitive, and psychosocial adjustments. A romantic relationship or dating is a phenomenon that allows adolescents to explore their intimacy and sexuality. However, dating can also have numerous negative impacts on adolescents such as a higher risk of being infected by sexually transmitted diseases and unwanted pregnancy. This study aims to understand dating experiences in adolescents. The method used in this study is qualitative research with a phenomenological approach. Using individual analysis units, the participants in this study were five early to late adolescents from Bali aged 12-21 years who are currently dating. The data analysis process is conducted using Interpretative Phenomenological Analysis (IPA) technique contains five steps. Based on the analysis process, this study produced findings where there was interaction in adolescents before establishing a dating relationship, after deciding to have a relationship, adolescents would interpret the presence of their partner. In carrying out their relationship, teenagers have values that form the basis of the relationship. In addition, parents also have a large involvement in adolescent dating relationships. Intense togetherness in teenage dating relationships is considered to be an important thing, teenage dating can provide good or bad changes. Other findings discuss conflicts that occur in adolescents and how adolescents resolve them

INTRODUCTION

Adolescence is a period of transition from childhood to adulthood which involves various changes, ranging from changes in the physical, cognitive, psychological, spiritual, as well as social and economic aspects. According to [Monks, Knoers, and Haditono \(2006\)](#), adolescence is a developmental stage that occurs in the age range of 12-21 years with the division of early adolescence (12-15 years), middle adolescence (15-18 years) and late adolescence (18-21 years). Physical changes are the primary symptoms in adolescent growth and psychological changes arise, among others, as a result of these physical changes ([Sarwono, 2006](#)). One example of the physical changes that occur is the maturation of the reproductive organs. Biological maturity causes adolescents to have sexual urges. As a result, there is interest in matters relating to sexual matters and also attraction to the opposite sex ([Zanden, 1993](#)). Adolescent boys and girls begin to pay attention to each other and in each of them a greater curiosity arises about the opposite sex ([Conger, 1991](#)).

One of the findings in [Saputro's research \(2018\)](#) revealed that many things happened during the adolescent transition from childhood to adulthood. A period process that all human children have had, is and will occur in a process of adolescent growth and development. The world of youth is indeed unique, millions of events occur and are often created with bright and positive ideas. However, not a few negative things that happened.

One of the interesting things that happens in the world of teenagers is "dating" which is experienced by almost all teenagers, although not all teenagers have experienced it. There is even an interesting rumor, that if there are teenagers who don't have a girlfriend, they don't have a complete identity. It cannot be denied that dating is a phenomenon that is rife among teenagers.

[Knight \(2004\)](#) defines dating as a process of union or special planning between two people of the opposite sex, who are attracted to each other in various levels. This process can be a simple relationship, but it can also be a more complex relationship. Dating usually starts at the beginner level and can develop into a more mature personal relationship. This is influenced by what happened and how the friendship grew into adulthood. In the life of teenagers, the status of "dating" or "having a girlfriend" is a common thing that not even a few teenagers who have experienced dating. Based on the results of research conducted by [Retnowati \(2020\)](#) there are 74.72% of teenagers who are already in a relationship. It is true, it cannot be denied that dating is a separate phenomenon among teenagers at this time. [Crockett \(in Santrock, 2013\)](#) says that biological changes during puberty contribute to the increasingly integrated sexuality into adolescent gender attitudes and behavior. Adolescent sexual activity also increases along with the hormonal changes they experience during puberty. At this time, adolescents usually begin to recognize courtship, namely the approach period between individuals of the two opposite sexes, which is marked by mutual personal introduction to both the strengths and weaknesses of each individual ([Binanto, 2010](#)).

The number of adolescents aged 10-14 years in Indonesia is 23,057, then there are 22,294 people aged 15-19, and 20-24 years as many as 21,917 people ([BPS., 2020](#)). Furthermore, based on [BKKBN data \(2017\)](#) it was found that unmarried young women (aged 15-19 years) had carried out several activities such as holding hands as much as 55.6%, hugging 10.2%, kissing lips 21.4%, fingering or touched 3.7%, and premarital sexual experience 0.9%, it was also found that young women aged 20-24 years had held hands 81%, hugged 30.5%, kissed lips 48.5%, touched/touched 9.7%, and 2.6% premarital sexual experience. The same thing happened to unmarried boys (age 15-19 years), where it was found that 66.4% of boys had held hands, hugged 21.1%, kissed lips 36.8%, touched / touched 13.2%, and premarital sexual experience 3.6%, while aged 20-24 years had held hands 88.8%, hugged 51.4%, kissed lips 69.4%, touched / touched 34.4%, and 14.0% premarital sexual experience.

The province of Bali has characteristics that are different from other regions in Indonesia. One of these characteristics is its openness. As a tourist destination, Bali must be open. As a result of this openness, various external influences play a role in the development of society there. Patterns of interpersonal relationships are also expected to be affected, one of which is the pattern of dating relationships. In Bali it is estimated that there are 999 thousand teenagers or 23.52% of the total population of Bali ([Provincial Health Office, 2017](#)). The city of Denpasar has a total of 240.8 thousand teenagers or 26.34% of the total population of Denpasar ([Central Bureau of Statistics, 2017](#)). The nature of Bali that is open to foreign cultures can also make it easier for foreign cultures to influence Balinese society, as a result it can form new lifestyles for teenagers such as changing ways of life, tastes, social interactions and perceptions about images and also dating experiences ([Khairunnisa, 2013](#)). There is a possibility that cases of dating among teenagers in Bali can increase and with changes in perceptions about dating teenagers, it is necessary to conduct research on the experience of dating among teenagers in Bali.

Another risk caused by dating relationships is premarital sex, which is vulnerable to the effects of teenage girls. These impacts include the risk of contracting sexually transmitted infections and contracting HIV/AIDS, drug use, psychological disorders which have implications for decreased self-confidence and stress, unwanted pregnancies, and abortions (Ahiyanasari & Nurmalia, 2017) . World Health Organization (WHO) data shows that in 2018 in developing countries there are 21 million female adolescents aged 15-19 who experience pregnancy every year and 49% of them are unwanted pregnancies. This pregnancy can cause the death of mother and baby. Between 2010-2014 there were 35 intentional abortions per 1000 women aged 15-44 years. Abortions are often carried out as a result of unwanted pregnancies (WHO, 2018) .

Previous studies that have been conducted found that a total of 62 (sixty-two) respondents were in a dating relationship with a dating age of 1 (one) month to a maximum of 6 (six) years. The results of the preliminary study have been carried out and found that the positive and negative impacts felt among adolescents in Bali also vary, in which respondents said that dating itself has a positive impact that arises from a relationship of mutual trust and mutual support, namely helping in terms of the process of maturing oneself, overcoming feeling lonely, having loyal listeners and getting more attention from others. Some also mention that the current dating behavior of teenagers is more unhealthy (Devita, 2022) .

The results of the preliminary study state that many relationships are influenced by Western culture which is different from the culture in Indonesia and have sexual relations. Sexual intercourse and kissing are seen as behaviors that should be carried out by adults who are bound by a marriage relationship and are not carried out by teenagers in Indonesian culture. There was one respondent who admitted that his courtship was "unhealthy". Some also say that there is a toxic dating relationship where they no longer communicate in a healthy manner and it leads to violence (Devita, 2022) .

Through the explanation above, it can be seen that there is an overview of the experience of dating teenagers which can then lead to negative and positive things. This study aims to find out and dig deeper about the experience of dating in adolescents.

RESEARCH METHOD

The method used in this study is a qualitative research method with a phenomenological approach. Collecting data directly from the field where the respondent experienced the problem or problem under study. This additional sampling technique is called snowball sampling. In this study, data mining techniques will be carried out by interviews and observations supported by the process of recording information in the form of field notes. The interview process produces data in the form of video and audio recordings which are converted into a verbatim document format by typing every word of the respondent's recorded speech. Important findings during field interviews were also recorded using field notes which were carried out in each interview session. The data analysis used in this study is based on the Interpretative Phenomenological Analysis technique. There are several credibility test methods that can be used by researchers, including extended participation, observation persistence, triangulation, peer checking, referential adequacy, negative case review, and member checking. Data validity can also be done with triangulation techniques. Triangulation aims to check the correctness of certain data by making comparisons between data obtained from other sources at various research phases at different times or comparing two research results with different techniques. Aspects that must be included in the informed consent based on the Indonesian psychology code of

ethics are research objectives, timeframe and procedures, risks, inconveniences, benefits, the right to withdraw from participation and resign, the consequences that may arise from resignation, limitations of confidentiality, incentives for respondents, and who can be contacted to obtain further information.

RESULT AND DISCUSSION

Subject Characteristics

This research involved five teenagers who live in Bali. The characteristics of the respondents in this study focused on teenagers who were in a dating relationship. All respondents were dating and aged 12-21 years. The search for respondents is based on these characteristics so that there are specific criteria that must be met to become respondents in the study.

The first respondent, AJ, is 20 years old and belongs to the late teens category. AJ is a medical graduate who is currently attending a professional or medical program at a hospital in Bali. Currently, AJ lives alone in Denpasar, while his parents live in his hometown, the Singaraja area. AJ has been in a dating relationship 4 times, and this is the 5th relationship he is currently in. Currently, AJ's relationship has been going on for 6 months and is undergoing a long-distance relationship with his girlfriend.

The second respondent is RC, who is 17 years old and belongs to the middle/middle youth category. RC is one of the students who is studying for class XII at a senior high school in Padangsembian, Denpasar. The respondent currently lives with his parents and one younger sibling. RC has been in a dating relationship before once, and this is the second relationship he is in. Currently the RC relationship has been running for 3 years.

The third respondent is AV, who is 20 years old and belongs to the late adolescent category. AV is a student majoring in psychology at a university in Bali. Currently AV lives with his parents and two younger siblings. AV has had 2 previous courtships, and this is the 3rd relationship he is currently in. Currently, AV's relationship with his partner has been going on for 1 year.

The fourth respondent, namely MN, is 21 years old and belongs to the late adolescent category. MN is a student majoring in psychology at a university in Bali. Currently MN lives with his parents and one older sister. MN has had 7 previous courtships, and this is the 8th relationship she has been in. MN's relationship with her current partner has been going on for 1 year.

The fifth respondent is JT, who is 14 years old and belongs to the early adolescent category. JT is a cheerful and cheerful person. Currently, JT is studying for class VIII at a junior high school in Denpasar. The respondent currently lives with his parents and one younger sibling. This is the first time JT has had a dating relationship and currently her dating relationship has been going on for 1 year.

Data Organizing

The process of organizing the data is done by grouping the data based on the respondent's code which is collected in an orderly manner so that it makes it easier for the researcher to find the required data. Interview data obtained in the form of audio recordings were stored in each respondent's folder with the title "AU" which was then converted into verbatim form. Verbatim contains recorded data that has been typed into written data by listening to the interview recording data as a whole .

Observations made during the interview process took place by recording important points related to non-verbal responses shown by respondents. When the interview process

has ended, the observational data that has been recorded in the form of points is then complemented by recalling the interview process that has taken place and recorded in the form of field notes. The complete data is then transferred by typing it into a word document on the computer. After being in the form of documents, verbatim and fieldnotes were given codes and entered into each folder named "Verbatim" and "Fieldnote" in each respondent's folder. The codes in verbatim and fieldnote documents serve to make it easier for researchers to group and find these data in folders.

Writing codes for respondent data in this study begins with the type of data (verbatim/fieldnote), and the respondent's code along with the data sequence. (Example: VB_AJ_01 or FN_AJ_01). The data organizing code data is contained in the following table:

Table 1 Audio Data Code, Verbatim and *Fieldnote*

Respondent Code	Data Retrieval Method	Verbatim Code	Fieldnote code	Audio Code
AJ	Interview	VB_AJ_01	FN_AJ_01	AU_AJ_01
		VB_AJ_01	FN_AJ_02	AU_AJ_02
RC	Interview	VB_RC_01	FN_RC_01	AU_RC_01
		VB_RC_02	FN_RC_02	AU_RC_02
AV	Interview	VB_AV_01	FN_AV_01	AU_AV_01
		VB_AV_02	FN_AV_02	AU_AV_02
M N	Interview	VB_MN_01	FN_MN_01	AU_MN_01
		VB_MN_02	FN_MN_02	AU_MN_02
JT	Interview	VB_JT_01	FN_JT_01	AU_JT_01
		VB_JT_02	FN_JT_02	AU_JT_02

Dynamics of Interaction Before Establishing a Relationship

a. Interest

Establishing a relationship with someone new requires compatibility in many ways. Before feeling compatible, this manifests as a feeling of interest in things that belong to or exist in the opposite sex. Based on the respondents' speech, there is a feeling of interest in establishing a relationship based on several things such as physical tastes or communication style.

"She's also beautiful physically, so at first she was beautiful" (VB_RC_01_135)

"Yes, first of all, I have to be comfortable with him, comfortable in the sense that he's easy to talk to and so on, and what frequency do we talk about like that" (VB_MN_01_144-145)

"But that's okay if you find the right criteria, it's not going to happen, we'll see again like that" (VB_AV_01_224-226)

The feeling of interest in having a relationship also arises for partners after going through several interactions, both intentional and those that occur due to close distance.

"[...] Right, I asked him for help to send it to his class group PSKM, so from there I DMed him asking for that help, introduced myself after that, yes, it was connected from there, after that we met, then after meeting asking for line, I've moved to chat line, after that, ummm at first it was like oh we went out to meet for assignments just like that. That was the beginning of the stories, the end, okay, [...]" (VB_MN_01_87-135)

"So at first, eeee, I've been friends with my boyfriend from elementary school, we went to elementary school together and went to junior high at the same place. Then the moment that made us close was when MOS was at school, it just so happened that I was with him in a group so I often worked in groups together, and because my house was close to his house he liked to go home together because I happened to be picked up so that's all. Umm then we often chat and continue because the people are fun and cool too. After all, I just feel that I like him." (VB_JT_01_126-131)

b. A certain process of establishing a relationship

After feeling that you are in accordance with your partner and want to start a relationship, there are certain behaviors that are a sign that the relationship has begun. According to RC's story, each partner has a commitment that changes their status from friends to girlfriends.

"Between the opposite sex, men and women, it's like I like him, he likes me, so there's reciprocity, we both have a commitment to have a relationship not only as friends but as girlfriends" (VB_RC_01_39-41)

According to AJ, there is a process of declaration where each partner states that their partner is now their girlfriend.

"Erm, what do you think, I think it's normal, like, think of a friend, eee, a relationship like that, think of it like I'm declaring I have a friend, I'm declaring I have a boyfriend, so it's like just declaring a relationship like that" (VB_AJ_01_57-59)

Meanwhile, based on JT's speech, there is a process of expressing feelings before a courtship relationship begins.

"Because I like him, I just shoot him." (VB_JT_01_132)

c. Have partner criteria

The beginning of a relationship is compatibility in various ways. One of them is the suitability of the characteristics of the prospective partner with the tastes they have. The criteria that are owned by each individual in a partner are of course different, but this shows that there is a condition that must be met to choose someone to be a boyfriend.

"Commitment, seriously, I also want to find a life partner that I can make a commitment to, hee'eh" (VB_AV_01_202-203)

"Maybe it's just as simple as in general, like one religion, he can later be accepted well" (VB_RC_01_143-144)

The partner criterion owned by AV respondents is commitment, where this must be fulfilled first so that AV respondents can make a decision whether that person can be made a partner. Whereas for the RC respondent, the criterion is a person who adheres to the same religion as himself.

d. Have a reason to be in a relationship

Establishing a courtship relationship is uniting two individuals in a bond which in that bond has certain goals that can be set together. However, there may also be reasons why individuals want to establish a relationship that will later achieve certain goals. Researchers found that there were various types of reasons why respondents wanted and decided to date.

"I think that person already knows what his goal is. What's the point of having a girlfriend. Sometimes there are people who just act like that for fun, like they don't know, like they don't know. I think there has to be intensity, you mean there has to be a goal first, so what do you do with the cake, then where do you want to take it like that. That's what I think" (VB_AJ_01_86-91)

" Yeah, I'm just curious about what it's like to be dating and why all of my friends are already dating like that" (VB_JT_01_104-105)

" The similarity ... ummm in my opinion both of us avoid feeling lonely anyway" (VB_MN_01_70-71)

Based on several statements from respondents, it was found that respondent AJ was interested in having a relationship because he already had a purpose in the dating relationship, he was in. Furthermore, respondent JT revealed that he was curious about dating relationships, so he decided to try dating relationships. Unlike the case with MN respondents who felt that the reason for being in a relationship was to avoid feeling lonely.

Meaning Presence Boyfriend

Being in a dating relationship is bringing together two people with many different values to achieve something they want together. Uniting different values is a difficult thing to do, especially when these values contradict one another. These differences in values can create a sense of complementarity which in turn can lead to positive meanings related to the presence of a girlfriend. Based on the respondents' narratives, the researcher found that they interpret the presence of a girlfriend as something positive where the presence of a new person can provide a change in self, so that individuals can receive input or other, more positive perspectives related to dating relationships. A girlfriend is interpreted as an individual who is able to become a storyteller without any limitations, whether it's in telling happiness or complaints. This positive interpretation is formed through the various feelings that are felt when being together.

"Because he makes me comfortable" (VB_RC_01_127)

"Always excited every day" (VB_AV_01_160)

"Hmmm, so it looks like there's something to look forward to" (VB_AJ_01_202)

"Eee, I'm happy when we're playing games together sis, then what's the name eee... it's like chatting together... so what else? Ummm it's nice when eee goes out to eat together. Yes, together with him, I'm happy, I'm happy" (VB_JT_02_78-80)

This positive meaning is also shown by the existence of positive feelings even though they are not together but have a good effect on daily life.

"So automatically I have more motivation too, so yes the positive impact is that I'm happier and more motivated to live life" (VB_MN_01_265-266)

"On a positive note, there is enthusiasm, what if I do activities every day, I'm enthusiastic, I'm excited, what's the impact, he also helps me so I can keep moving forward" (VB_AV_01_171-173)

"[...] Then the second one, maybe from a mental perspective, I feel healthier, because it's like I'm not doing anything alone, in the sense that when I'm having a hard time, I have someone to accompany me. Even if I'm happy there's a place for me like that. So like this, I'm afraid, oh, I'm really afraid that I'll be remed up for exams, but after I have a boyfriend, it's okay, how come I'm remed like that, what's the matter anyway... I still have a boyfriend like that, uh, what do you mean, like, it's okay, it's okay, it's not a bad thing it's really ugly like that because...because if I experience something bad I can share it with people like that it can be reduced by half, you feel like the burden is like being mentally healthier because there are people like me... I share those complaints. Then what else... maybe eee... emm... maybe those are the two points of the positive impact that I feel the most" (VB_AJ_01_357-376)

Values Embedded in Relationships

a. The values shared by men

Men are considered as a *gender* that has a leadership role. Researchers found that AJ in his relationship felt that he had specific obligations regarding his gender. AJ feels that as a man, he must be able to play a role in the relationship as someone who directs the relationship, has good financial capabilities, and tries to make the relationship better. Likewise with RC who also felt that when dating he felt he had to be able to treat his partner.

" We're still given pocket money, right? For me, I still have pocket money. Usually, if I want to go, I'd like to give it, but, if I calculate it, it's for me, so how about a split bill, for example? Can it be for me alone, just me? I feel that guys have to pay for the girls too, so I pay for them" (VB_RC_01_234-237)

b. Values attached to both genders

The relationship in dating is a relationship that is established by two individuals who have different values, but even so there are also shared values that have similarities caused by other factors. AJ said that anyone in a relationship can set the boundaries that will later be applied in the relationship. RC also stated that each partner must provide mutual benefits, but not limited to what form.

"[...] So if today's teenagers want to date, no one forbids them, there aren't any people who tell them to. It's just that I also think that in dating, eee, apart from earlier there is the same foundation for the goal, in my opinion, there must also be someone who holds it, you know. Must determine the boundaries of the circle. It's free, it's like being in a circle, it's like running, you want free kicks as long as we have a circle of boundaries where we date like that. At least that's it." (VB_AJ_02_342-351)

"The point is that it's clear that dating is about mutualism, so it's like we have to benefit each other. Well, um, so yeah, I hope that what I give is like that in return. I don't know if it's in the form of eee or what, it could be material or it could be non-material. I don't know what kind of attention it takes, I don't know what it is, anyway, basically everything is a feeling that supports our relationship. [...]" (VB_RC_02_11-20)

Regarding the values attached to both genders, there is also a feeling of reluctance to refuse or a desire to comply with requests from partners as conveyed by AV.

"Because I feel that sometimes I really demand a lot right, whereas he is the typical person who is busy he likes to do many things, I am demanding a lot I want to be given a lot of attention I also want him to be the one who annoys me, he is typical those who are already dating have to be like that, right, we go our separate ways, so yes, I've said that before, Chel was like that, but he's trying to do that, to make it sound like it's okay, it means he also wants to follow my way of dating too" (VB_AV_02_206-211)

The values attached to both *genders* are also related to a feeling of "must". Obligation can be seen as a form of being responsible for the values espoused, both for men and women. Based on MN's speech, he must be able to know, understand, tolerate, and accept the shortcomings of his partner. The feeling of necessity also appears in relationships in relationships as MN added that the problems that occur between him and his partner must be resolved immediately.

"Ummm... dating is ee eemmm in my opinion dating is ee eemmm an emm... a relationship that brings together two living things where courtship aims for them to

get to know each other, understand each other, eee eemmm tolerate each other before finally deciding on the next level. more serious." (VB_MN_01_28-31)

"umm... I'm the type of guy who if there's a problem I want to solve it right away, now while he's the type that when he's emotional or in a bad mood, ummm he asks for alone time first" (VB_MN_01_244-246)

c. Values based on religion and custom

One of the reasons that influence the values in dating that are adhered to is religion and custom. These values are manifested in the form of behavior that appears and the decisions that are made. Specifically, AJ said that he still applies the same dating style regardless of his partner's religion.

"Hmm, what's that, but I don't think my current boyfriend doesn't, even though I'm of the same religion, I don't really feel like it's something that has a significant effect, you know. It doesn't seem to have a significant effect. I feel like my dating style is still the same as before, like there's no barrier, no barrier, no smooth sailing." (VB_AJ_02_160-164)

AJ also mentioned that he had a relationship that ended due to caste differences. Caste differences cause the relationship to end because the family of one partner does not agree.

"[...] Incidentally, his family seems like his religion is so rigid, you know, it's like it's sacred, you know. So yes, because on the basis of religion, it's like a commotion, you know, because it's really at the same time as the procession of his father rising to become Pedande. So one big family is like noise. Then I said it was like I wasn't given it so I didn't continue to be afraid of continuing like that. So it's really over." (VB_AJ_02_119-139)

Great Parental Involvement

a. Openness to family

Family is one of the closest environment that has many roles in everyday life. Even though establishing new relationships with new people and people who are not part of the family, the researchers found that each respondent communicated the relationship that was established in the family, whether it was father, mother, or other siblings.

"Ohh yeah...yes.. it's like if it's from my parents, what are my parents more into, yeah, I'm more flexible, that's what it means like I'm the one who goes on like me... I'm the one that's happiness I'm like that, it's just that my parents like to give me the boundaries like that. You have to know how far the relationship goes like that, what's okay or not, at least it's just a reminder. But from my parents' point of view, I don't seem to interfere too much, you have to be like this, I have to be like that, what's important is that there are boundaries, but from my boyfriend, because of what, my girlfriend is a girl, so she's also close to her mother, so it's like quite often, like eee, for example, because they also often confide, so, eee, quite often my boyfriend asks for opinions on how to build a relationship with his parents like that." (VB_AJ_01_266-275)

"No, I just want to tell a story, if he responds, it's like yes, I don't really respond to responses, I just want to tell a story" (VB_RC_01_273-274)

"Often, I also feel very secure with him because maybe I think he can already understand me like that, because maybe our age difference is not too far compared to my mother's compared to my mother's age" (VB_AV_02_333-335)

The form of openness to family expressed by respondents was telling stories about things that were experienced while dating, asking for opinions, and introducing partners.

"When umm, after MOS, I often went out with him, then hey, I told my mother that I liked her. Then I asked my mom, is it okay if I date? Then at first mom was surprised because I said I wanted to date. It's like he doesn't expect that when I'm already big and already understand about dating like that hahahaa. Then, yes, I talked to my mother, until finally she was allowed to, but it can't interfere with the lessons and also the grades" (VB_JT_01_197-202)

"It's the same with my girlfriend's mother, I know her because I used to often pick up my boyfriend to school, umm, all the time, because I like being together and have been friends with me since elementary school, so I already know that" (VB_JT_01_237-239)

b. Parents provide support in the relationship

Parental involvement in dating relationships is not limited to how partners convey their relationship. Parents of respondents who know that the respondent is in a relationship or has a girlfriend provide a lot of support in the form of information that is needed and must be applied in establishing a relationship, which can be in the form of advice about doing something, consideration in making decisions, or values. certain must-haves for one partner.

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"I don't know, it's just like dad told me to" (VB_RC_01_239)

"Hey, I was the one who made the decision first, I just suggested that you already want to go to college when you want to be with a guy who doesn't want to take care of his future like that, and he too. I also learned from my sister's experience while dating. There have been experiences like this, too. my brother also decided" (VB_AV_02_367-370)

"Um... I went to Mom once when I was having a fight, then Mom said, be patient, the name is also a woman, give her some time first" (VB_MN_01_181-182)

"So after that we talked with each other as men, then I really remember Papa saying that looking for a girlfriend, you can't just look at physical beauty, but the most important thing is to be beautiful at heart and spiritually, that's what he said. Then we were asked about religion too and luckily my boyfriend and I are both Christians." (VB_JT_01_204-213)

In addition to providing support in the form of information, parents also provide emotional support to the relationships that their children have in the form of various responses and comments regarding their partners who do not disgrace or directly make decisions regarding the child's relationship.

"Because we just called this one A, A, he often plays at home, right, so then there are some traits that maybe I don't realize right, if for example it's something bad or negative, my mother will definitely be aware, At that time, I was really in love, so I

was blind, that's what he said, he likes to say things like that, I think it's okay, but according to my mother, it's no longer good, so she likes to say I'm stupid, what did I actually think I'm stupid too It's just what's really a joke but it's often like that and he's also not very open about this A is with his parents, for example he is playing at home just sitting down and eating him without any preamble as if he wants to say hello to people at home he rarely used to say that I had to tell him to do that while my mother was more sensitive, she always seemed to be talking, how come this person A never greets me at home and just sits down, how come he often talks about you being an idiot, like this, like this, no? I want something that is not appropriate, my mother never said that to you when she said that" (VB_AV_02_265-277)

"Umm, maybe it's different, Mom. Eeee, my mom already knew my boyfriend from elementary school because she already knew my friends too. If my dad works, how come I don't know about my friends at school. So at first I thought I suspected that mom must have told dad, so eee daddy teased me like cie cie in me. Then papa asked to see the photo, then I showed him. Then I asked my dad, "how are you doing? beautiful or not?" keep papa say "yes beautiful". [...] Then daddy gave me advice about what you can't do and what you can do when you're dating." (VB_JT_01_204-213)

"Just fine... just fine, like I've never even heard of negative things like oh Ajib, how come A is ugly like that, how come Ajib is ugly in nature, I've never heard of anything like that because maybe ...I don't know maybe there actually is because I think everyone has flaws, right, maybe in terms of communication as well...my girlfriend is also good at delivering it so it's like...like there's nothing bad about it." (VB_AJ_01_303-307)

Intense Togetherness

Based on the utterances of the respondents, the researcher found that there was intense togetherness between partners as a form of experience in dating. This intense togetherness is shown through physical activity, communication, even intimate contact between the two partners.

a. Often do activities together

Doing joint activities in a relationship can be a common activity, but in a dating relationship the activities carried out are slightly different. Based on the statements of the respondents, there are various types of activities that are carried out together, but they have a high frequency so they can be called intense such as eating, hanging out, going to the movies, playing *video games*, doing assignments, even *sleep-calling* (making phone calls). phone to sleep).

"Eat, um... let's have a date, emmmm, play games together, do chores together, sleep call" (VB_MN_01_219-220)

"Umm what is it, eee more often going out to eat gusto/massimo ice cream anyway, then eating together, watching movies if there's something exciting, playing mobile legends together is just as fun as it is with friends too but. Yes, sometimes I also go to the beach like that" (VB_JT_01_180-182)

"Usually I mostly eat together hanging out like that" (VB_AV_01_155)

This intense physical activity according to AJ and RC is one way to show the quality of a relationship, as well as a way to improve the quality of a dating relationship.

"Um, what's it because for the last few months, it seems like I don't often have LDR, it seems far away, so it's like eee, I have the principle of quality over longevity, so

how do you do it, eee, how can communication or meetings be as short as possible, I can have that quality compared to the long ones, but like boring like that. So it's like... what if you say they're close, maybe the meetings aren't as intense as they always meet, but how can each meeting be of that quality?" (VB_AJ_01_172-177)
"What if I and my boyfriend do we like quality time that doesn't seem to be doing anything like that, so for example, um, I'm busy too, for example, this date is from 1 to 2 o'clock, if he's in Bali, it's like we've eaten together at home I was like that for an hour, it's over. For example, if we are far away together, like if I'm on a break, he's on a break, it's like a phone call, how many 15 minutes, just like chatting, how about our day like that. At most, it's like telling stories more often, telling how the day went like that." (VB_AJ_01_205-211)

"Um, most of all, eat... eat, go to tourist spots, like natural tourism, like going to the beach or something like that. Eat..beach..what else... watch...walk as usual anyway" (VB_AJ_01_216-218)

b. Frequent communication

Communicating is also a part of a relationship, but in a dating relationship, communication becomes more frequent and much can be seen from the things that are communicated. Researchers found that the communication carried out by couples in dating relationships includes trivial incidents in everyday life to all events experienced in one day, both joy and sorrow.

"I like it when eee what eee I said earlier that I'm a person for quality time actually I'm not a person who talks a lot or anything so it's like the thing that I like the most is when the two of us are there even though we seem to be doing our own activities. So, for example, right now it's LDR, so let's make a video call, but if you do it, you study, it's up to you what you want, I also want to learn, where I want to go, it's up to you. The important thing is, what do we look like, we just meet each other like that, what do we do with each other, we just present each other like that at that time." (VB_AJ_02_71-77)

"Yes, actually the name of dating, we don't have to be there 24/7 for him. What do you mean, for example... are you still in school, you have to know about school together, so chat a little bit, in the middle, on the sidelines, when he comes home from school he has time to do that earlier... we tell each other The point is, he's never angry, if it's impossible, in one day we don't have time for him or vice versa, never for a full day either, I've never been like that" (VB_RC_01_364-370)

"What makes me comfortable, eem... what makes me comfortable, I feel comfortable when I can share anything with that person" (VB_MN_02_50-51)

The form of communication that is done can also be said to be intense through the quality of the conversations that are carried out. Several respondents mentioned that they discussed future relationships such as wanting to get married.

"Yes, we have a goal of getting married" (VB_MN_02_559)

"The thought is definitely I think I will be with him later, grow old together like that, get married like that" (VB_AV_01_139-140)

"Often, sometimes it's like I'm having a discussion with my girlfriend, right? So, if we get married, how does it look like our wedding dream, what does it look like, what does our family dream look like, how many ideal children do we have? It's pretty frequent, but like... like it's not a plan, what's standard is that you're just talking for fun, but quite often, it's like thinking about cake like that." (VB_AJ_01_282_232)

c. Sexual activity

Sexual activity refers to physical touching of sexual parts. Based on the statements of the respondents, their physical activity in dating also involved kissing, hugging, and having sexual intercourse.

"Kiss ever, eee yes I said never got there." (VB_AJ_02_205)

"Hmm, yes, that's what I said before, do that relationship." (VB_RC_02_337)

"Respondents bowed their heads down and tried not to stare at the researcher then gave a hand code sign that they had had sexual intercourse." (FN_RC_02_51-52)

"In my opinion, sexual intercourse is what we penetrate, right? I haven't gotten there at all, at least I just kissed" (VB_AV_02_83-84)

"How come you're being asked... how come you're being asked again, it's the lips " (VB_MN_02_277)

" The respondent pointed his hand to his lips to let him know that he had kissed his partner on the lips" (FN_MN_02_54-55)

"Eee hug anyway" (VB_JT_02_104)

Regarding having intimate contact, according to AJ, this is done as a form of affection for a partner.

"If I looked at this eee at that time, from what I felt and I looked at it, an activity like that, eee, could feel two things like that. What can you feel if you say yes. If roughly speaking, you can feel being naughty, you can feel affection like that, do you think it's limited to me being smart, when I feel something naughty, I do it or that thing as my expressive way too when I love you. Yes, I have to fulfill that one, because if it's based on naughty feelings, what do I think it's like, the activity also seems to be reckless, just like that, okay, what's important is what I want to get like that. That's it." (VB_AJ_02_208-214)

In contrast to AJ, where the behavior that appears has intention, RC states that sexual relations are carried out because they are carried away. RC also said that after he did there were changes that were felt which affected his relationship.

"Hmmm, yes, that was the process, at first it was kissing like that, then yes, the hands usually move like that, then actually they weren't rejected either. Then, I started to be brave like taking off (lifting) my clothes like that until... well, I finally got carried away like that, until I finally did the process." (VB_RC_02_197-200)

"Yes, what did you think because of... yes, in my opinion, it violated the existing norms too, but after that the thoughts were more... how do you think... hmm, thinking, yes, that's wrong. But what is it that makes him feel stuck in the relationship? That's how it is too, more in that direction." (VB_RC_02_247-250)

Furthermore, AV and JT said that the reason they kissed with their partner was curiosity.

"I don't know, because the first one is definitely curiosity, even though I've done that before, but this is with a different person, right? it's with him, so it's like there's no coercion at all in this kiss, it's like that, but if it's him himself he never reaches anything that leads to a gesture towards the person having sexual intercourse, there's nothing" (VB_AV_02_84-90)

"Eee, I don't know either sis, like I want to know and all of a sudden it's like that. So okay. Eee, the problem is that in movies, friends tell stories, so usually kisses are on the lips, right? So yeah, I'll just follow it." (VB_JT_02_151-152)

Giving Change

a. perceived negative changes

Having a dating relationship can be said to be a special relationship because it is only between two people. The special relationship between these two people can have an impact on other relationships that have been forged before, such as friendship. Based on the researchers' findings, there is a feeling of jealousy that arises from one partner when his partner is close to a friend of the opposite sex, or when he is too busy with his own activities.

"Yes, how about it, actually it's the same as wanting to date for a long time, dating for a while, like sometimes he's jealous" (VB_RC_01_307-308)

"Eeee... I sometimes feel jealous, for example, if he has ever been in a chat with his ex like that" (VB_MN_02_98-99)

"Beeh, a lot sis. Well, my boyfriend sometimes gets jealous, especially when I play or chat and laugh so much, sis. Umm then he likes to get annoyed too if I take too long to reply to his chat, later it can be annoying for days or even. [...]" (VB_JT_02_28-32)

The emergence of this feeling of jealousy causes a change in the interaction that is carried out by one partner with the people around him, especially with them. One partner becomes forbidden to interact with his friends.

"The negative impact may be less time spent with friends," (VB_MN_01_269-270)

"Yes, the toxicity is more over possessive. Exaggerating is like eee... you can't, for example, talk to other guys like that" (VB_MN_02_576,582-583)

"Yes, it's still within reasonable limits, in that case, in my opinion, if for example I don't give him permission, I'm jealous because for example I'm playing but I didn't say it before but I said when I was asked like before for example, but if I talk later tonight I want to play with this this continues, there's a girl, then I explain why he's playing, who he's invited to, if I talk to him before playing, it doesn't matter, but if, for example, I'm playing and then I'm asked that, then he'll respond, how come he doesn't say he's playing" (VB_RC_01_317-322)

Based on the respondents' speech, the researcher also found that the perceived negative changes were caused by conflict. According to AJ's story, AJ felt that he experienced a change in attitude after experiencing a conflict with his partner.

"Yes, as long as you tell me, he doesn't mind, if what matters is the permit, it's like telling him something, etc. But right now I feel like "oh it turns out I wasn't a jealous person back then, after he did that to me, I did that to him too, that's it. I was like 'it's okay', since she's part of the student council, it's only natural for her to do this and that, make events and she makes them with male friends, like that. Because he understands, so I also understand, so we understand each other." Well, my girlfriend (formerly) was toxic, but she used to be overprotective, so I was brought up to be toxic too, so it's like that too" (VB_RC_02_314-321)

b. Feeling positive changes

Based on the statements of the respondents, there were things that became new experiences which were only felt after having a girlfriend or only when having a boyfriend. This change is manifested in new positive feelings or only felt when having a girlfriend, as stated by each respondent.

"[...] Then the second one, maybe from a mental perspective, I feel healthier, because it's like I'm not doing anything alone, in the sense that when I'm having a hard time, I have someone to accompany me. Even if I'm happy there's a place for

me like that. So it's like this, I'm afraid, oh, I'm really afraid that I'll be remed up for the exam, but after I have a boyfriend, it's okay, how come I'm remed like that? like that because... because if I experience something bad I can share it with people like that it can be reduced by half, you feel like the burden is like being mentally healthier because there are people like me... I share their complaints like that. Then what else... maybe eee... emm... maybe those are the two points of the positive impact that I feel the most." (VB_AJ_01_357-376)

"Sometimes if you're positive, you're happier, especially now that it's started, now it's just starting to go offline again, and when you go to school, you want to meet him, so at least it makes me excited to come and meet at school, then he also likes asking me to study like that doesn't just play, he reminds me to limit playing time, that's the positive side I think" (VB_RC_01_206-210)

"The positive thing is that there is enthusiasm, so what if I do activities every day, I'm enthusiastic, I'm excited, what's the impact, he also helps me so I can keep moving forward" (VB_AV_01_171-173)

"So automatically I have more motivation too, so yes the positive impact is that I'm happier and more motivated to live life" (VB_MN_01_265-266)

"Umm what is it, if it's positive then there's encouragement sis." (VB_JT_02_18)

Couples Conflict

Conflict in a relationship is unavoidable, especially if the individuals in the relationship have very different characteristics. Based on the respondents' speeches, the researcher found that there were conflicts that occurred between couples, whether in the form of conflicts in communication or conflicts between behaviors. These conflicts are caused by a number of things, but from this existence it always gives rise to certain communications and behaviors.

a. Misscommunication is the cause of conflict

Researchers found that conflict in couples occurs when there is a discrepancy in the desires or expectations between the two partners, as told by RC regarding disagreements due to differences of opinion.

"Yes, once because of a difference of opinion, for example, I want to... continue to fight, actually it's not a big fight, for example, I want to eat this and then he, then for example one of them loses at that time I lose but I don't eat too much, right? I really want him to be like that cranky and angry like that" (VB_RC_01_325-328)

RC's speech indicates that disputes that occur can be caused by even trivial things, which JT also mentioned.

"That's it sis. Even though that's a really trivial problem, right, but it can get really big later so it's a long fight anyway sis." (VB_JT_02_28-32)

When disputing, each partner also raises a form of communication in an effort to solve problems or deal with problems that are going on between the two people.

"Usually both of them calm down first, but I usually answer when he is curt, that's too lazy, right? I actually didn't really want to eat there just because you wanted to so we went there, usually when I'm done eating on the way, I'll take you home" (VB_RC_01_330-334)

"Yeah, I'm forgetful, that's how I usually laugh, I'm emotional right now, but he responds by laughing like that, so I'm like that, that's it." (VB_AV_01_396-397)

"Well, from the beginning of our relationship, at the beginning of our relationship, we discussed it like that. For example, if there is a problem, in the future, it's better if you want to discuss it immediately and finish it or what, so he said if he was like

that, then he would automatically give me the time first, okay? the two of us immediately made a decision then if we have a problem okay you shut up first I'll be waiting" (VB_MN_01_248-252)

"Yeah, sometimes so I don't fight, I'm sorry. But sometimes if I'm really annoyed, I just let it go back. So you just sit there like you're cosplaying as a statue." (VB_JT_01_175-176)

b. Conflict has various impacts

The occurrence of conflict in couples in addition to bringing negative changes as mentioned earlier also has other impacts, whether in the form of changes in behavior or perceived values. AV mentioned that after experiencing conflicts with her partner, she felt that she should not pursue men too much in the sense of wanting a relationship with a specific person too much.

"Hey, with A, where I feel like I don't have self-esteem anymore, why am I even chasing him like that, because I don't think it's appropriate for a girl to chase a guy like me and then I feel I think my self-esteem really dropped because at that time I helped him a lot" (VB_AV_02_149-152)

Based on MN's story, his partner was concerned about the lack of time together which then led to conflict. The occurrence of this conflict causes a change in the behavior of the couple. According to MN's story, the couple from MN chose to stop communicating for a while and did their own things to improve their mood. Based on this, it can be seen that MN applies *problem focused coping* in solving different problems with their partners who apply *emotional focused coping*.

"Yeah, that's all right... right from there, the conflict first got into a fight for a while, he asked someone to understand, so I wanted to be alone first, so I said I also wanted to be together, because yesterday I had time, right? I miss him, I'm with him right, so I fought and then he said yes, if I miss him, I said don't make a fight, it's normal, it's okay, and I don't mean that, I said it like that, then in the end, finally, okay? ... I told him to be there first, then if you're in a good mood, come back here again like that, okay, he's done the things he wants to do first to get his mood back, okay, I've been waiting for him" (VB_MN_02_322-329)

JT also experienced the same thing, namely feeling disturbed in carrying out daily life when experiencing conflict with a partner.

"Yeah, sis, sometimes when you're fighting, you can't focus on doing anything. Because I'm already too lazy" (VB_JT_02-22-23)

"Yes, as long as you tell me, he doesn't mind, if what matters is the permit, it's like telling him something, etc. But right now I feel like "oh it turns out I wasn't a jealous person back then, after he did that to me, I did that to him too, that's it. I was like 'it's okay', since she's part of the student council, it's only natural for her to do this and that, make events and she makes them with male friends, like that. Because he understands, so I also understand, so we understand each other." Well, my girlfriend (formerly) was toxic, but she used to be overprotective, so I was brought up to be toxic too, so it's like that too" (VB_RC_02_314-321)

This study aims to explore the experiences felt by individuals who are in a dating relationship. Based on the results of data processing, the researcher found that there were seven main themes related to dating experiences including: 1) The dynamics of interaction before establishing a relationship, 2) The meaning of the presence of a boyfriend, 3) Values held in relationships, 4) Parents have a large involvement, 5) Intense togetherness, 6) Providing change, and 7) Dynamics of conflict between partners. In this

chapter, the researcher examines the findings of the main theme based on the theory and results of previous research.

Dynamics of Interaction Before Establishing a Relationship

According to DeGenova and Rice (in Khairani, Rachmatan, Sari, & Soraiya, 2017), dating is a relationship that is established by two people who carry out a series of activities together in the process. In establishing the relationship, there are various kinds of processes, including before the relationship is established. This study found that there is a form of attraction, a certain process, and specific criteria that must be met by a partner in choosing a partner. According to Barhana and Büyüksahin-Sunal (2015), this process prior to establishing a relationship is referred to as a preference strategy in initiating romantic relationships. There are three types of preferences in establishing a relationship, namely direct, indirect, and passive. These differences in preferences affect the things that are done to be able to start a relationship. Another view is presented by Sakalli-Ugurlu (2003) which states that in the process of initiating romantic relationships, men have a high level of dominance and assertiveness, which women respond well to this assertiveness. These findings explain how the process of approaching men, either directly or indirectly, can generate reciprocal feelings given by women which then becomes the reason for starting a relationship together. The process of attraction to the opposite sex to initiate a relationship is also rooted in the basic theory of individual needs, namely the need for interaction (need for affiliation) (Baron Barnscome, & Byrne, 2008). This need makes individuals initiate a relationship through the criteria they like to establish warm interpersonal relationships and gain acceptance from others.

Meaning of Boyfriend's Presence

This study found that girlfriends are a positive presence for both men and women because they evoke positive feelings while living it. Based on the findings from research by Braithwaite, Delevi, and Fincham (2010) and Ramsey and Gentzler (2015), romantic partners can provide social support and a sense of friendship, both of which can bring out these positive feelings. Research by Beckmeyer and Cromwell, (2019) also states that individuals in a romantic relationship have a higher life expectancy rate where it is reported that those who do not have a romantic partner feel lonely compared to those who have a romantic partner. Another study by Shulman and Scharf (2000) stated that adolescents in a romantic relationship involve feelings and emotions more in their daily lives when compared to adolescents who are not in a romantic relationship. The existence of feelings of loneliness and the tendency to involve these feelings indicates that it would be appropriate if in a dating relationship which is a romantic relationship, each partner would interpret the presence of the other as something that has a positive meaning.

Values Adopted In Relationships

Based on the results of the analysis, it was found that experience in dating has certain values that are adhered to in a relationship. In general, there are assumptions or stereotypes attached to certain gender roles. According to Darwin (1999), gender stereotypes that are rooted in the concept of masculinity and femininity are attached to various individual characteristics such as character, role behavior, occupation, physical appearance, and sexual orientation. This gender stereotype is attached to men in dating relationships related to the behavior of their role as a man. Respondents said that as men they have a feeling of obligation to be able to direct relationships and give good things to their female partners. According to Carroll, Badger, Willoughby, Nelson, Madsen, and McNamara Barry (2009) and Willoughby and James (2017), it is common for individuals in their late teens and early adulthood to perceive marriage as a goal. The need for men

to be able to direct relationships is related to the concept of *fatherhood* and the role of the father in a family which must be able to provide affection, care for, and provide financial support (Darwin, 1999; Harmaini, Shofiah, & Yulianti, 2015). Based on these findings, it can be said that it is natural for men in a relationship to have mandatory values that also aim to bring the relationship to a better direction. In addition to gender, religion and customs also affect values in dating where these values can be reflected through decision making and behavior in dating. One form of decision-making experienced by AJ is that he still applies the same dating style regardless of his partner's religion and who has experienced a relationship ending because of caste differences. Based on research conducted by Selarani, Punia, and Nugroho (2018) regarding the phenomenon of dating with different religions, it was found that the conflicts experienced by couples who date different religions are inner conflicts, as well as conflicts with family members. Inner conflicts in couples who date different religions, such as fear or lack of self-confidence which results in doubts, conflicts with family members in the form of fears if one of the family members converts religion.

Great Parental Involvement

The fourth theme found in this study is that parents have a large involvement in their child's dating relationship, which takes the form of children's openness through communication and the role of parents in providing support in the form of information that children must apply in their relationship. From these results, it can also be said that parents who know that their child is involved in a dating relationship, will communicate various things related to their child's behavior during dating as well as judgments and suggestions about what is and is not allowed to do. Research by Munawaroh, (2012) states that the intensity of communication that occurs between parents and children has a role in reducing the tendency for premarital sex. Premarital sex which is indicated through sexual activity is considered as a common thing in dating relationships (Rusmiati & Hastono, 2015). In addition, parents also play a role in helping children go through developmental crises to be able to direct children's emotional traits to have a positive impact (Peter, 2015). Based on previous studies, communication and intense involvement between children and parents can affect the tendency of premarital sex behavior in children's dating relationships. The role of parents in their child's dating relationship is to teach positive things so that they can help children develop in a better direction, one of which is by instilling positive values in dating as mentioned by the respondents.

Intense Togetherness

This study found that in dating relationships that are forged by teenagers, there is an intense togetherness which is shown by frequent joint activities and continuous communication. Conceptually, Karsner (2001) explains that there are four components of a quality romantic relationship: *trust each other*, *communicate yourself*, *keep the romance alive*, and *increase commitment*. *Trust each other* relates to giving each other a sense of trust regarding the relationship that is being undertaken. *Communicate yourself* is to communicate about things that are experienced in relationships. *Keep the romance alive* is implementing efforts to continue to live a relationship that is reflected through physical and emotional closeness. *Increase commitment* is reassuring partners about commitment at the beginning of a relationship, such as establishing a similar relationship with other people. Based on these components, the intense togetherness expressed by the respondents is a reflection of efforts to improve the quality of relationships. Physical activity carried out by respondents is related to things that are considered to improve the quality of relationships, such as doing assignments together, going to the movies together,

eating together, and so on. This physical activity is included in the *keep the romance alive component*, namely efforts that are actually made related to having a relationship to improve the quality of the relationship itself. Communication that is continuously carried out by giving each other good news from so-called trivial problems to discussing something serious, is part of *communicate yourself* which besides improving the quality of the relationship can also reduce the emergence of disputes due to miscommunication. Research related to sexual activity is discussed in research by [Kontula and Haavio-Mannila \(2009\)](#) which states that one of the predictors of sexual activity in relationships is age. This research states that as you get older, you are more likely to engage in sexual activity, but it is not related to the desire to do so. Based on this, the emergence of sexual activity which is also marked by curiosity could be the result of getting older and simply wanting to experience new things. In addition, [Furman and Collins, \(2007\)](#) also explained that activity in romantic relationships is synonymous with the expression of love and sexual activity.

Giving Change

The results of this research analysis found the sixth theme, namely dating relationships cause changes in individuals, both positive and negative changes. Changes felt by partners can be caused by the quality of the relationship itself. Relationship quality refers to the level related to intimacy, affection, and nurturing that is manifested by partners ([Collins, Welsh, & Furman, 2009](#)). The quality of different relationships will cause different impacts. According to ([Galliher, Welsh, Rostosky, and Kawaguchi 2004](#)), signs of a low-quality relationship are irritation, antagonistic behavior, and prolonged conflict or controlling behavior on one side. These negative experiences will certainly bring about changes that will also have a negative impact on one or both partners, for example, if there is always conflict, feelings of discomfort and disturbance will arise in carrying out daily life, as expressed by MN. Relationships with low quality also cause a variety of other negative changes. Conversely, if the quality of the relationship is at a high level then it will bring positive changes as well.

Couples Conflict

On the theme of conflict between spouses, it is known that the cause of conflict is due to miscommunication, where the conflict has various impacts. Not only in dating relationships that are not legally bound, but also in marriage relationships. This is supported by research conducted by [Manna, Doriza, and Oktaviani \(2021\)](#) which states that one of the factors that causes the end of a marriage relationship is bad communication. The same results were also found by [Puspitawati, Mauliddina, Aliffia, Kusumawardani, and Amalia \(2021\)](#) who stated that problems in communication remained a factor in the high divorce rate during the Covid-19 pandemic. Even though conflict doesn't always lead to the end of a relationship, it is certain that poor communication between partners will lead to more conflict than conducive communication.

Another impact of the conflict is related to the way of resolution that is adapted to resolve the conflict that is happening. There are differences in behavior that arise in an effort to resolve a conflict. Based on the respondents' answers, male respondents in this study prioritized direct problem solving, compared to women who prioritized the emotional impact of disputes. This difference can be explained through the theory of *unequally involved relationships*, namely that there may be an imbalance of involvement in relationships ([Sprecher Schmeekle, and Felmlee, 2006](#)). The results of research by [Le and Agnew \(2001\)](#) found that couples with equal involvement in the relationship had

higher levels of positive emotions and lower negative emotions than those whose involvement was unequal. This is the reason why when there is conflict in a relationship, the efforts made may only be heavy on one side, as said by MN. Another cause for this to happen is the difference in the couple regarding the approach to the problem being carried out. Moret-Tatay, Beneyto-Arrojo, Laborde-Bois, Martínez-Rubio, and Senent-Capuz (2016) revealed that women tend to do *emotion-focused coping* compared to men, but their level of psychological well-being is lower than men. Lipińska-Grobelny (2011) also found the same thing that masculinity is more synonymous with *problem-focused coping* than *emotion-focused coping*. This finding explains why MN can focus more on solving problems in the relationship directly while their partner prefers to calm down for a while.

CONCLUSION

Several obstacles and obstacles encountered during the process of compiling this research led to limitations in the research. The research which was carried out in the midst of the Covid-19 pandemic made it difficult to carry out the observation process due to the use of masks and maintaining distance during data collection. The use of masks and distance restrictions made it difficult for researchers to see the expressions of respondents and details related to behavior when respondents answered interview questions.

The dynamics of interaction before the relationship begins with attraction to certain criteria and initiation which is dominated by men. Interest can arise because of human nature that requires interaction. The presence of a girlfriend is interpreted positively because it can provide social support and a sense of friendship. Men adhere to the value of having to direct relationships and give good things to partners because of gender stereotypes and the concept of masculinity. Great parental involvement in support and instilling positive values when dating because parents want to help their children to continue to develop. Intense togetherness shown by frequent joint activities and continuous communication as an effort to improve the quality of the relationship. Providing positive change which is marked by high relationship quality and negative change which is marked by irritation, discomfort, prolonged conflict. This is influenced by the quality of the relationship. Experiencing conflict caused by miscommunication and the existence of conflict has an impact on differences in ways of solving between partners caused by an imbalance of involvement and differences in problem approaches.

Teenagers are advised to be more open to family and those closest to them. Teenagers also need to get rid of the taboo of asking parents, teachers or experts about sexual issues. Future researchers are expected to be able to find out the factors that influence the emergence of sexual activity in adolescent romantic relationships related to the influence of the surrounding culture and the values espoused. Then, the next researcher needs to establish rapport more than 2 meetings outside of discussing the research topic, so that the research subjects feel comfortable telling stories, especially because matters relating to sexual behavior in dating are quite sensitive. Future researchers are also advised to interview the subject's significant others to obtain more comprehensive data, because significant others can reveal things that the respondent might not disclose.

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