



APPLICATION LOVE LANGUAGE: WORDS OF AFFIRMATION IN FRIENDSHIP RELATION

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ABSTRACT

KEYWORDS

love language, words of affirmation, interpersonal communication

There are forms of communication in establishing a friendly relationship. Friendship is one of the sources of support in living everyday life. Love language and interpersonal communication have a close relationship in the context of understanding and strengthening relationships between individuals. The language of love is often articulated with expressions of fondness, love and affection. One of the love languages is words of affirmation which are affirmative words given to friends. This research aims to find out how the form of application of words of affirmation in the scope of friendship and find out the development of friendship relationships, especially in words of affirmation. This research uses descriptive qualitative methods through observation, interview and documentation data collection techniques. Researchers used the interpersonal communication approach by DeVito with 7 indicators (openness, empathy, positiveness, immediacy, interaction management, expressiveness, orientation to others). The results of this research analysis found that the use of positive and supportive communication can strengthen the emotional bond between couples. This shows that the use of impressive words, appreciation, and support is an important foundation in strengthening the emotional bond between relations.

INTRODUCTION

As social creatures, humans need each other to improve their quality of life. They also have the same goals and desires which is to glorify themselves and others. Even in the name of the group, people compete with each other, sometimes, people get rid of others because of ego, which can cause conflict (Lestari, Aghnia et al., 2023).

In the complex realm of human relationships, language is an important tool for conveying emotions, feelings, and intentions. To get to know each other, we as humans must communicate. This openness and closeness begins with interpersonal communication. Humans still need other people in their lives.

A person communicates to enhance social interaction. In particular, interpersonal communication is very important for human life and is closely related to counseling, anthropology, business, psychology, and sociology, as well as other fields of science that study human behavior (Wood, Julia T., 2013:2).

Interpersonal communication is a communication carried out by someone to someone else, usually this type of communication is carried out by two people with the aim of sending *feedback* directly on the process.

Interpersonal communication has a function in accordance with the objectives of the message sender and information receiver (Ruliana & Lestari, 2021). In general, communication improves human relationships and more intimate relationships and can even reduce the potential for conflict.

The essence of a more specialized interpersonal communication relationship pattern is found in the friendship relation. Friendship is a source of support that can improve a person's social abilities (Damayanti & Haryanto, 2019).

Aristotle (in Sudarminta J, 2020) stated that happy people are those who can take the time to understand and spend time with their friends longer than spending time with new people and only looking for benefits.

The language of love or what is known as the *five love languages* was discovered by Chapman (in Rifda Salsabila et al., 2023). He explains this theory as a form of verbal and non-verbal communication between individuals who want to be loved and love through expressions shown to their loved ones. Thus, it can be said that having friends who can show their affection through love language to us can make us happy.

According to research conducted by Surijah, Putri & Aryanata (2018), when someone can interact with others and that person has made sacrifices, they will feel loved.

Therefore, friendship can also be considered a complex trait and the basis for closer human interaction. Friendship can be demonstrated through the language of love.

LITERATURE REVIEW

A. Love Language

In the current era, communication in a relationship can be expressed through *love language*. Love language is often articulated with expressions of fondness, love and affection.

Love language encompasses the unique way each person expresses and receives love including *Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time* and *Physical Touch*. In the context of interpersonal communication, understanding one's *love language* can be the key to delivering love messages effectively.

Love language and interpersonal communication are closely related in the context of understanding and strengthening relationships between individuals. For example, identifying *the love language* of your partner or closest person can help in adjusting communication styles so that love messages can be received better.

By understanding *love language*, interpersonal communication can be further enriched, provide deeper emotional support and strengthen bonds in relationships. In other words, *love language* acts as a valuable guide to create more effective and meaningful communication in the context of personal relationships.

According to research that has been conducted by (Salsabila Taufiq, Susila T & Asri Fitrinanda C, 2020) that love language can stimulate the way a person interacts with others. Someone person will be frank if they feel loved.

Therefore, love language also contributes to one's survival. Study by Yusuf, Iqlima and Hersjee (2022) examined love languages in friendly relationships and found that prioritizing communication by doing *quality time* and rarely doing *physical touch*.

B. Words of Affirmation

There is one concept of *love language* that uses positive affirmation words commonly known as *words of affirmation*. The meaning of *words of affirmation* is encouragement, praise and a long text that contains positive meaning. Then, from this positive meaning can affect the emotional condition or feelings of the interlocutor's heart for the better.

According to Chapman (Rifda Salsabila et al., 2023) people with love language *words of affirmation* will feel more loved and appreciated when they hear words of support and appreciation from their partner or closest person.

Psychologist Barbara Fredrickson (in J.H, Kim et al., 2012) in research on positive emotions shows that words of affirmation can trigger positive emotions that expand one's thinking and actions.

This is known as the "*Broaden And Build Theory*" where positive emotions broaden one's social cognitive abilities, thus helping to build personal resources such as resilience and better social relationships.

Then, the positive meaning can affect the emotional state or feelings of the interlocutor for the better.

C. Friendship

Aristotle (in Jonathan & Alfando, 2022) defines a friendship that can be said to be perfect is a friendship that has equality in terms of pleasure and usefulness so that it can last from time to time and has the same virtues, goals and mutual relationships.

Close friends who communicate their goals and desired activities to others are examples of the virtue that Aristotle refers to. Moreover, such friendships can fail and end in dissapointment caused by actions and inactions that are not good and contrary to *Eudaimonia*. Respectful behavior and thoughtful actions can help overcome disappointment.

Friendship is an interpersonal relationship between two individuals that is productive and positive according to DeVito (in Safira & Minza, 2016). This relationships must be mutually beneficial. Friendship is a voluntary relationship that has intimacy, mutual help and both individuals want each other's presence in their lives (Fehr, in Miller, 2015).

This study aims to be based on researchers who want to know the meaning of the application of *love language*, especially *words of affirmation*. This can involve same-sex friendships and couples using love language in a relationship.

RESEARCH METHOD

This research uses a qualitative descriptive approach as a research method. According to (Kriyantono, 2010) qualitative descriptive is a type of research that aims to make a description in a systematic, factual and accurate way about the facts and characteristics of a particular population or object.

In this study, the informant criteria were someone who had female friends with women, men with men and the opposite sex who had been in a relationship for more than one year. Informant details are presented in the following table:

Table 1. Informant Data

Couple Name	Age of Friendship
Zalfa & Hanna	Two Years
Erick & Dea	Four Years
Alam & Rido	Six Years

Source: Interview Data (2024).

For more accurate and credible data in this study the data collection method was done by interviews, observation and documentation. Researchers take three steps, reduce data by sorting out important elements, and present data in narrative form, then draw conclusions (Sugiyono, 2016)

Openness, empathy, positiveness, immideacy, interaction management, expressiveness, and orientation to others are indicators used to measure respondents' skills in interpersonal communication (DeVito, 2006: 176).

RESULTS AND DISCUSSION

At the time of conducting the interview we conducted a survey first to determine which respondents fit the criteria.

After getting respondents who fit the criteria we conduct an interview with what questions will be asked of the respondents, then determine the time, place, day for the interview.

During the interview, we try to build a good relationship with respondents so that they feel comfortable with the existing conditions so that the interview can take place effectively.

After conducting interviews by giving several answers the respondent's attitude was very positive, it had an impact on the answers given by effective respondents, making it easier for us to conclude answers from respondents.

The results we obtained after the interview using Interpersonal Communication theory with 7 indicators of approach according to DeVito, and we related verbal and non-verbal communication are as follows:

1. Hanna & Zalfa

Hanna and Zalfa are students at a private university in Cirebon City and have been friends for two years. During their friendship, Hanna and Zalfa had the same fondness for *makeup*, therefore they liked to tell stories so they felt suitable to be friends.

In terms of storytelling, they usually use *words of affirmation*, because both have *love language*. If you experience a problem, usually both Hanna and Zalfa will immediately find a solution using affirmative words to avoid misunderstandings.

2. Erick & Dea

Erick and Dea's relationship has been going on for more than four years. They get acquainted through friends who accidentally meet. Then Erick and Dea continued their closeness by interacting through *Instagram direct messages*. When faced with problems, Erick and Dea always do *deep talk* to solve what happened.

The most commonly spoken word is "*I'm proud of you!*" to encourage each other to show empathy and support positively. In addition, it must be balanced with consistent actions, so that *words of affirmation* is much more meaningful.

3. Alam & Rido

Alam and Rido are friends who have been friends for six years. They have been friends since high school. However, during college they separated because they studied at different university, Alam studied in Bandung and Rido studied in Yogyakarta.

They have same thing in common: they love anime movies and basketball. During their separation, they still communicate frequently using social media and always use affirmative words.

For example, when Alam was carrying out his thesis and was about to face the trial, Rido always gave encouragement such as "*Alam don't forget to pray, focus on your thesis and good luck , bro*". Alam and Rido consider words of affirmation a must because they will create good communication, minimize conflict, provide positive support for each other, and always provide the best for their friends.

Application of Love Language: Words of Affirmation in Friendship Relation

In the application of *words of affirmation*, researchers use the Interpersonal Communication Indicator Theory (DeVito in Glenis, 2015) as follows:

- 1. Openness:** Openness is usually defined as a person's desire to reveal hidden information to others. Furthermore, this openness also involves the desire to listen openly and react honestly to the messages conveyed by others.

Based on the results of interviews from the three couples, it can be concluded that openness in the language of love in a friendship is needed because they consider openness is an attitude of willingness to express themselves to information and

openness also has other functions such as being honest openly and listening honestly to messages from others.

2. **Empathy:** Empathy is a person's ability to know what others are going through at any given moment, without losing one's own identity.

Based on the results of interviews from the three couples, it can be concluded that empathy has an important role in reading emotional states. For example, participate in feeling what their partner is experiencing, when one of them is sad, the other partner will feel it.

3. **Positiveness:** In interpersonal communication there is a positiveness that is used to express a message by using positive rather than negative messages.

Based on the results of interviews from the three couples, it can be concluded that a positive attitude has an important role because by giving positive messages or sentences tend to give an optimistic impression and will maintain stability between friendships.

4. **Immediacy:** Immediacy is a quality of interpersonal efficiency that allows speakers and listeners to feel like they are each other. Communicators who exhibit these qualities hint at interest and concern.

Based on the results of interviews from the three couples, it can be concluded that with unity, a closer relationship will be established and will become more intimate.

5. **Interaction Management:** Interaction management is the ability to organize interactions so that both parties feel satisfied. In effective interactive management, no one feels neglected, each party will benefit from overall communication and will make a contribution.

Based on the results of interviews from the three partners, it can be concluded that interaction management tends to prioritize attitudes on how to respond to the interlocutor. For example, with good interaction management will make couples not feel ignored, because good interaction management will be established if one of them gives positive *feedback* .

6. **Expressiveness:** The ability to show genuine, genuine involvement in interpersonal interactions, including taking responsibility for thoughts and feelings. Based on the results of interviews from the three couples, it can be concluded that the attitude of expression uses attitudes how to express their thoughts, feelings and experiences freely. When others are experiencing difficulties, others will listen attentively, then provide solutions and support each other. For example, to be able to read the power of expression of each individual can be done by establishing a good reciprocal relationship, such as listening to the complaints of a partner/friend.

7. **Orientation to Others:** The ability to tailor messages when talking to others. Communicating concern and interest in what the other person is saying is one way to show orientation to others.

Based on the interviews of the three couples, it can be concluded that they tend to use this attitude by giving awards and praise when one of them achieves an achievement.

According to (Deddy Mulyana, 2017) in his book entitled Communication Science: An Introduction states that interpersonal communication occurs when a person can know the reactions of others both verbally and nonverbally.

For example, in establishing communication between couples give each other a positive response, and have attention and interest in each other when a discussion or problem occurs.

Verbal Communication

Verbal communication can be defined as communication that uses words, either orally or in writing or as communication in the form of conversation or writing (*spoken language*). This communication is most often used by human relations. They can convey their words, emotions, thoughts, ideas or intentions conveying facts, data and information. They can also exchange ideas, argue, and fight through words.

Language plays an important role in verbal communication. The most commonly used medium is language. According to (Deddy Mulyana, 2010) language can convey one's thoughts to others. Language can be defined as a set of symbols, with rules that are used and understood by most people.

Functionally, language can be thought of as a tool used together to convey ideas. He stressed the importance of belonging together because language is only used if everyone in the social group agrees to use it. Language is formally defined as all sentences that can be thought of, which can be formed according to grammatical rules.

For example, when face-to-face Hanna and Zalfa often use *words of affirmation* verbally by saying words of praise such as "*Zalfa, you look so nice wearing a blue shirt*", "*Hanna your makeup today is flawless*". And when they are long-distance they use to channel *words of affirmation* such as "*Zalfa, Today I'm really happy*".

Looking at the example above, it can be concluded that verbal communication is one of the supporting factors for the occurrence of *words of affirmation* or love language.

Non Verbal Communication

Communication events beyond the spoken and written word are usually referred to as non-verbal communication. Theoretically, non-verbal and verbal communication are not the same. Non-verbal communication is communication that only uses body language without words, such as body movements, attitudes, eye contact, facial expressions, proximity and touch.

Non-verbal communication covers various aspects other than the words themselves. Non-verbal communication consists of several types: touch, chronomic, body movements, facial expressions, vocals, distance.

For example, Erick and Dea they are happier when they meet because before saying something, Dea usually always looks at Erick's facial expressions and mood situation first, it will affect success in communicating.

Significancy Words of Affirmation in Relation

Words of affirmation is one of the five love languages identified by Gary Chapman (in Egbert N, Polk D, 2006). In a relationship each of these informants, they show appreciation, support and express love through positive and uplifting words. It can be compliments, thanks, words of affirmation of the values of qualities valued in relationships.

Words have great power to shape a person's perception and feelings about themselves and others. By using encouraging and positive words, we can build confidence and stronger relationships. This can be a great way to express love and support on a daily basis.

Based on the results of the interview, it can be concluded that the application of *words of affirmation* in relationships is considered effective, this is supported by the statements of some informants. Then with the *words of affirmation*, there is an intense communication, this can strengthen the bond of freindship relations between informants.

CONCLUSION

Based on the results of the analysis that has been carried out through interpersonal communication theory, it can be concluded that the application of *love language: words of affirmation* in a relationship is related to 7 indicators including openness, empathy, positiveness, immediacy, interaction management, expressiveness, and orientation to others.

Verbal communication is communication that uses words, both orally and in writing or as communication in the form of conversation or writing (*speak language*). Verbal communication is often used to convey an idea. Theoretically, nonverbal and verbal communication are not the same. Nonverbal communication is usually used to describe all communication events beyond the spoken and written word. Non-verbal communication also consists of several aspects such as, touch (*haptic*), chronomic, kinesthetic (body movements), facial expressions, vocals, distance (*proxemic*).

Thus, verbal and non-verbal communication are equally important in conveying words of affirmation because they give a positive impression and provide a strong message in conveying *words of affirmation* and support to others. Therefore, in the results of the analysis it was found that the use of positive and supportive communication can strengthen the emotional bond between couples. By understanding your partner's need to receive compliments, appreciation and words of encouragement, the relationship can be strengthened and grow better.

Friendly relationships are stronger and stronger when needs are filled with each other, one of which is with *love language*, especially *words of affirmation*. This shows that the use of memorable words, appreciation, and support is an important foundation in strengthening the emotional bond between relation.

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