

**GAMBARAN *EMOTIONAL EXPRESSIVITY* PADA INDIVIDU YANG
MENJALANI *LONG DISTANCE MARRIAGE***

SKRIPSI

**Diajukan Untuk Memenuhi Salah Satu Syarat Untuk Mendapatkan
Gelar Sarjana Psikologi**



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DESCRIPTION OF EMOTIONAL EXPRESSIVITY IN INDIVIDUALS UNDERGOING LONG DISTANCE MARRIAGE

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ABSTRACT

This study aimed to describe emotional expressivity in individuals undergoing long-distance marriage. The research employed a quantitative method with a descriptive design. The sampling technique used was non-probability sampling with a purposive sampling method, involving 100 participants. Data collection was conducted using the Self Expressiveness Questionnaire (SEQ) to measure participants' emotional expressivity toward their partners and the Partner Expressiveness Questionnaire (PEQ) to assess differences in emotional expressivity between participants and their perception of partner's emotional expressivity. The reliability of the SEQ was 0.820, while the PEQ had a reliability of 0.861. The results indicated that the majority of individuals in long-distance marriages were categorized as low expressive (54%), while the remaining participants were categorized as high expressive (46%). Based on the dimensions of emotional expressivity, positive emotional expressivity had a mean score of 6.84, while negative emotional expressivity had a mean score of 3.70. The results showed that most participants were low expressive while undergoing a long-distance marriage. However, participants tended to express positive emotions more frequently than negative emotions. Furthermore, no significant difference was found between participants' emotional expressivity and their perception of their partner's emotional expressivity.

Keywords: *Emotional Expressivity, Individuals, Long Distance Marriage*

GAMBARAN *EMOTIONAL EXPRESSIVITY* PADA INDIVIDU YANG MENJALANI *LONG DISTANCE MARRIAGE*

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ABSTRAK

Penelitian ini dilakukan untuk melihat gambaran *emotional expressivity* pada individu yang menjalani *long distance marriage*. Metode penelitian yang digunakan adalah kuantitatif dengan desain deskriptif. Teknik pengambilan sampel menggunakan *non-probability sampling* dengan metode *purposive sampling* yang melibatkan 100 partisipan. Pengumpulan data dilakukan dengan menggunakan alat ukur *Self Expressiveness Questionnaire* (SEQ) untuk mengukur ekspresi emosi partisipan dan alat ukur *Partner Expressiveness Questionnaire* (PEQ) untuk melihat perbedaan ekspresi emosi partisipan dengan persepsi individu terhadap ekspresi emosi pasangan. Reliabilitas pada alat ukur SEQ adalah 0.820 dan PEQ sebesar 0.861. Hasil penelitian menunjukkan bahwa sebagian besar individu yang menjalani *long distance marriage* berada pada kategori *low expressive* (54%) dan sisanya berada pada kategori *high expressive* (46%). Berdasarkan dimensi, *positive emotional expressivity* memiliki *mean* sebesar 6.84 dan *negative emotional expressivity* memiliki *mean* sebesar 3.70. Hasil penelitian menunjukkan bahwa sebagian besar individu kurang ekspresif selama menjalani *long distance marriage*. Namun secara dimensi, ternyata individu lebih ekspresif dalam emosi positif dibandingkan emosi negatif. Tidak terdapat perbedaan yang signifikan antara ekspresi emosi individu dengan persepsi individu terhadap ekspresi emosi pasangan.

Kata Kunci: *Emotional Expressivity, Individu, Long Distance Marriage*