

**REVEALING LOVE LANGUAGE BY NEWLYWED AND  
OLD MARRIED COUPLE IN INTERPERSONAL  
COMMUNICATION PERSPECTIVE**

***MENGUNGKAPKAN BAHASA CINTA OLEH PASANGAN YANG  
BARU MENIKAH DAN YANG SUDAH LAMA MENIKAH DALAM  
PERSPEKTIF KOMUNIKASI INTERPERSONAL***

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**POSTGRADUATE PROGRAM OF ENGLISH LANGUAGE STUDIES  
FACULTY OF CULTURAL SCIENCE  
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**REVEALING LOVE LANGUAGE BY NEWLYWED AND OLD MARRIED  
COUPLE IN INTERPERSONAL COMMUNICATION PERSPECTIVE**

Thesis

As one of the requirements for achieving a Master's Degree'

English Language Studies Program

Written and submitted by

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To

GRADUATE PROGRAM  
FACULTY OF CULTURAL SCIENCE  
HASANUDDIN UNIVERSITY MAKASSAR  
2023

**THESIS**

**REVEALING LOVE LANGUAGE BY NEWLYWED AND OLD MARRIED  
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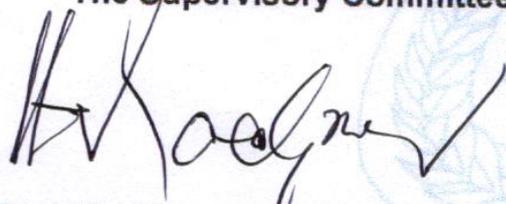
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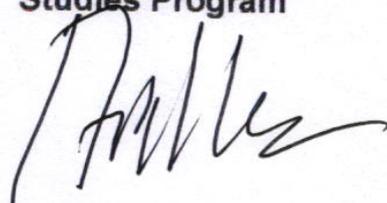
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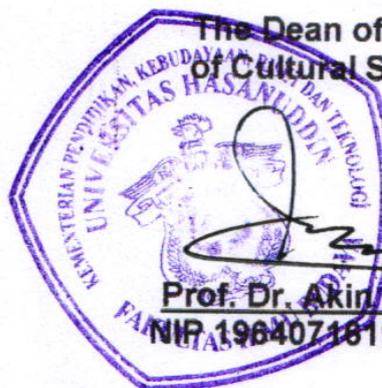
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*"Revealing Love Language by Newlywed and Old Married Couple in Interpersonal Communication Perspective"*

Was the result of my own work. If it is proven later that some parts of this thesis are the work of others, I am willing to accept any sanctions for my dishonesty.

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Hikmanisa Bahtiar

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## ABSTRACT

HIKMANISA BAHTIAR. *Revealing Love Language by Newlywed and Old Married Couple in Interpersonal Communication Perspective* (supervised by Hamzah A. Machmoed, and Harlinah Sahib).

This research aimed to provide insights into the dynamic nature of love language and the role of interpersonal communication in promoting healthy communication in marriage. The research used a mixed-methods approach to explore love languages among newlywed and old married couples. A non-probability sampling method was employed to determine the sample examined, with the population consisting of married individuals in the Bone district. Consequently, a purposive sampling strategy was adopted. Therefore, the research included 64 married individuals from the Bone district, divided into 32 newlywed couples and 32 old married couples, each in the Tanete Riattang Barat sub-district, where three of the marital durations willingly participated in an in-depth interview. The questionnaire and interview questions were developed using a triangulation technique, and the questionnaire items passed the validity and reliability tests using the Pearson (1896) Correlation Coefficient and Cronbach (1951) Alpha Coefficient. The types of analysis employed were descriptive analysis and thematic analysis. The results highlighted several essential insights. First, it offers a broad spectrum of love language types. Second, the primary love language discovered among newlyweds was "physical touch." Old married couples, on the other hand, primarily expressed their love using "acts of service." Third, the research additionally discovered a correlation between the length of marriage (whether newlywed or old married couples) and their primary love language, showing that the length of marriage might alter how couples communicate their feelings. The results were hampered by an insufficient level of knowledge of the sociolinguistic nature of the research population.

Keywords: love language, interpersonal communication, newlywed, old married, married individuals, mixed-method approach



## ABSTRAK

HIKMANISA BAHTIAR. *Mengungkapkan Bahasa Cinta oleh Pasangan yang Baru Menikah dan yang Sudah Lama Menikah dalam Perspektif Komunikasi Interpersonal* (dibimbing oleh Hamzah A. Machmoed dan Harlinah Sahib).

Penelitian ini menggunakan pendekatan metode campuran untuk mengeksplorasi bahasa cinta di antara pasangan yang baru menikah dan pasangan yang sudah lama menikah. Penelitian ini bertujuan memberikan wawasan tentang sifat dinamis dari bahasa cinta dan peran komunikasi interpersonal dalam mempromosikan komunikasi yang sehat dalam pernikahan. Metode pengambilan sampel nonprobabilitas digunakan untuk menentukan sampel yang diteliti dengan populasi yang terdiri atas Individu yang sudah menikah di Kabupaten Bone. Oleh karena itu, strategi pengambilan sampel purposif diadopsi. Penelitian ini melibatkan 84 orang yang telah menikah dari Kabupaten Bone yang terbagi menjadi 32 pasangan yang baru menikah dan 32 pasangan yang sudah lama menikah di Kecamatan Tanete Riattang Barat. Tiga orang dari mereka bersedia untuk berpartisipasi dalam wawancara mendalam. Kuesioner dan pertanyaan wawancara dikembangkan dengan menggunakan teknik triangulasi dan item kuesioner telah melewati uji validitas dan reliabilitas menggunakan Koefisien Korelasi Pearson (1898) dan Koefisien Alpha Cronbach (1951). Jenis analisis yang digunakan adalah analisis deskriptif dan analisis tematik. Hasilnya menyoroti beberapa wawasan penting. Pertama, penelitian ini menawarkan spektrum yang luas dari jenis-jenis bahasa cinta. Kedua, bahasa cinta utama yang ditemukan di antara pengantin baru adalah "sentuhan fisik". Di samping itu, pasangan yang sudah lama menikah, secara utama, mengekspresikan cinta mereka menggunakan "tindakan pelayanan". Ketiga, penelitian ini juga menemukan korelasi antara lama pernikahan (baik pasangan yang baru menikah maupun yang sudah lama menikah) dan bahasa cinta utama mereka yang menunjukkan bahwa lama pernikahan dapat mengubah cara pasangan mengomunikasikan perasaan mereka. Hasil penelitian ini terkendala dengan minimnya pemahaman sosiolinguistik dari populasi penelitian.

Kata kunci: bahasa cinta, komunikasi interpersonal, pengantin baru, pengantin lama, individu yang sudah menikah, pendekatan metode campuran



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# CHAPTER I

## INTRODUCTION

In this chapter, the concept of background, questions, objectives, and significance of the research is discussed.

### 1.1 Background of research

In the symphony of human engagement, the unspoken currents and synchronized cadences often speak louder than explicit words, highlighting the profound importance of communication in crafting the connections and comprehension that bind us. Communication is a form of activity that involves the process of sending and receiving a message (Craig, 1999). This idea, also proposed by Heath and Bryant (2000) that communication occurs when two people share a conversation. As part of the communication process, communicators have to contribute to a continuous and dynamic series of events that depend on one another. The process by which information, meanings, and feelings are conveyed by humans through verbal and non-verbal communication is termed interpersonal communication (Brook and Heath, 1993). In addition, effective communication between two or more persons builds and develops good relationships. When the speakers have excellent communication, they develop a close relationship. It appears to be common for intimate partners to express affection for one another in ways that are easily recalled and viewed as a turning point in the relationship (Booth-Butterfield & Trotta, 1994). Likewise, affection refers to "liking," pleasant emotions, or interpersonal attraction. Interpersonal communication between people is significantly impacted by interpersonal attraction. Strong, positive relationships between people increase the chances that communication between them will be successful, whereas communication between people who dislike one another is greatly hampered (Brook and Heath, 1993). Thus, communication of love plays a significant role in maintaining and strengthening romantic relationships (İnce & Işık, 2022).

In relation to the idea of communication of love, Chapman (1992) stated that love language has five distinct ways for people to express and disclose signs of commitment. He further stated that Love languages (LLs) include words of affirmation, quality time, receiving gifts, acts of service, and physical touch. Each

of the five methods has been identified and shown to develop connections around the world by identifying basic human desires and needs. Chapman's view was supported by Egbert and Polk's (2006) research of 101 students. They discovered that love languages were highly connected to maintaining a relationship. Meaning, that those who scored higher on the relationship maintenance categories also scored higher on Chapman's (1992) love language scales. This led some researchers to hypothesize that these scores may represent actions taken to carry out relational maintenance intents. In this regard, Stafford et al., (2000) discovered that relational maintenance activities explained 46% of the variance in relationship satisfaction. In addition, the Bland and McQueen (2018) research which was about the cluster analysis of love languages distribution in couples, regarding the limitation of the representation of older participants and relationship duration caused inadequate variability which prevented efficient analysis. Consequently, the intention of this research was not to test the validity of Chapman's love languages model (which was also done by Goff et al., 2007 and Egbert & Polk, 2006).

Moreover, based on the preliminary studies that the writer had done to gather information regarding the love languages of newlywed and old married couples, the writer believed that marital duration had an impact on the way marriages express and receive love. Due to the duration of the marriage, newlywed couples seem to express and show love more frequently because of the in-love euphoria. Newlywed couples tend to show love by giving gifts or surprises, spending quality time together, calling each other by sweet names, helping each other with household chores, and clinging to one another. Most of the partners behave romantically in the first years of marriage. During the first couple of years of marriage, one's spouse was constantly bombarded with all the love languages. In contrast, old married couples admitted that their love expressions were more frequent during their honeymoon phase but faded as time passed. Most of the old married couples can understand each other's needs without having to ask their partner for it. They grew out of the romantic phase and were more likely to put an actual effort into maintaining the relationship. The old married couples expect their partner to vocalize their needs and can be open with their partner without hesitation and shame.

In addition, according to Anderson et al., (2003) couples who spend most of their time together create a strong bond. Time offers a learning opportunity for

spouses, allowing them to become familiar with one another. As the relationship grows, one begins to notice one's partner's activities and frequent demands. Spouses were able to grow and conduct continuous acts of love with one another as time passed. Throughout marriage, learning and expressing love will significantly enhance the relationship, especially when implementing the spouse's love languages that allow the relationship to flourish (A. M. Adams, 2020). As one strives to understand another's emotional needs, each of the following love languages is essential. To feel emotionally cherished and valued during an intimate relationship, one might ask the partner to express love in several ways. In relation to emotional feelings, there are reasons for thinking that pleasant, fulfilling relationships should involve those whereby the expression of positive emotion is frequently expressed, and the communication of negative emotion is less common (J. Gottman, 1995). Furthermore, a failed relationship and the inability to receive emotional support have a high probability of leading to sorrow and even death (C. S. Carter & Porges, 2013). The notion of the need for humans to feel love and affection to improve well-being is supported by several studies. Some of them were done by Downs and Javidi (1990), Baumeister and Leary (1995), Floyd (2006), and Lemieux (2007). Therefore, the love languages model expressing "love" to a romantic partner in accordance with the partner's expectations encourages romantic relationship satisfaction. If one can "speak" the partner's love language, a greater relationship is believed to be achieved (Chapman, 1992b).

Furthermore, communicating effectively is a key factor in establishing and maintaining a successful romantic relationship. Expressing love language is a significant aspect of communication for couples. Love language refers to the different ways in which individuals express and receive love. This includes words of affirmation, quality time, physical touch, acts of service, and receiving gifts. While the concept of love language has been widely embraced, there is still a limited understanding of how it is revealed in communication between newlywed and old married couples. Research has shown that effective communication, including the use of love language, is crucial for maintaining healthy and satisfying relationships, particularly in the context of marriage. Nonetheless, there is an urge for deeper research to understand how love language is expressed in the context of interpersonal communication between newlywed and old married couples. By investigating how couples reveal and adapt their love language in the relationship, this research aimed to provide insights into the dynamic nature of love language

and the role of interpersonal communication in promoting healthy communication from the newlywed and old married couples' perspective.

## **1.2 Research Questions**

This research aimed to address the following research questions, which were central to unraveling the dynamics of love language usage in both newlywed and old married couples. By exploring these questions, the researcher was able to gain valuable insights into the expression of love languages, as well as the communication patterns within these relationships. The research questions guiding this research were as follows:

1. What are the types of love language expressed in newlywed and old married couples?
2. What are the dominant types of primary love language among newlywed and old married couples?
3. How does love language encourage interpersonal communication in newlywed and old married couples?

## **1.3 Research Objectives**

This research embarks on a multifaceted research journey with three fundamental objectives at its core. By delving into the depths of love language dynamics within both newlywed and old married couples, the objectives included:

1. To find out the types of love language in newlywed and old married couples.
2. To discover the dominant types of primary love language among newlywed and old married couples.
3. To describe love languages from an interpersonal communication perspective.

## **1.4 Research Significance**

The significance of this research lies in its potential to shed light on the intricacies of love language dynamics within both newlywed and old married couples. By investigating the research questions outlined above, this research aimed to contribute to the broader understanding of love language expression in the context of interpersonal communication. The findings of this research have several implications:

#### **1.4.1 Theoretical Significance**

By investigating the ways love language preferences and marital duration impact communication patterns, the research will add to the current literature on interpersonal communication. It can also help to increase knowledge of communication patterns in intimate relationships as well as provide insights into how communication can be addressed to strengthen relationships.

#### **1.4.2 Practical Significance**

The research can be a guide as a form of premarital research for those who are about to get married, which can help them understand the stages of marriage and each other's love languages. In addition, this research can have practical implications for relationship counseling and therapy. The findings may inform therapists and counselors about the importance of love languages and guide them in helping couples develop effective communication patterns that align with their love language preferences. This emphasis on real-world applications sets your research apart by providing actionable recommendations that can be applied by couples and professionals working in the field of relationship support.

## **CHAPTER II**

### **LITERATURE REVIEW**

This chapter presents the idea of previous related studies, theoretical discussions, and the conceptual framework of the research.

#### **2.1 Previous Related Studies**

Love language theory was first introduced by Chapman (1992a) in his book "The Five Love Languages". A systematic review of prospective observational studies found that the idea of love language has become popular ever since. Due to that matter, it has certainly attracted numerous researchers to look further into the topic. Thus, the following paragraphs present a few related studies that discuss the issue.

Egbert and Polk (2006) examined the validity of Chapman's concept of the Five Love Languages, in the title of "Speaking the Language of Relational Maintenance." The researchers conducted a confirmatory factor analysis and found that a five-factor model aligning with Chapman's proposed love languages provided a better fit than alternative models with fewer factors. The research also found significant relationships between the love language factors and an established typology of relational maintenance behaviors. These findings suggest that Chapman's love languages may reflect behaviors performed to maintain and enhance relationships. The research highlights the importance of incorporating and testing popular press ideas through research to enhance the validity of relational measurement instruments.

Similarly, Cook et al., (2013) in "Construct Validation of the Five Love Languages" where evaluated the validation of the five love languages. This research aimed to investigate the validity and reliability of the love languages proposed by Chapman (1992a) and whether they can be effectively measured using a newly developed instrument. The researchers utilized statistical analysis techniques, specifically eigenvalues and confirmatory factor analysis (CFA), to examine how these love language factors interact in real-life situations. To ensure the quality of the test, they assessed the appropriateness and significance of each item before analyzing the results with SPSS19, a computer software used for organizing and interpreting large datasets through tables and graphs. The findings

indicated some degree of consistency in individuals' preferences for expressing and receiving love, but they did not align with Chapman's proposed love languages. Consequently, further research is necessary to determine the accuracy and practicality of these concepts within the context of relationships. However, certain limitations were identified in this research. The sample size was inadequate, and there was potential bias due to the overrepresentation of specific demographic groups, primarily Catholic and White students. Additionally, prior awareness of love languages among some participants may have influenced their responses to the survey. Despite these limitations, the researchers emphasize the importance of delving deeper into the constructs of love languages, given their widespread use in self-help materials for individuals seeking to enhance their relationships with partners or family members. They recommend developing a comprehensive questionnaire that assesses the applicability of Chapman's five love languages to a broader range of individuals, followed by testing the effectiveness of these languages in nurturing loving relationships among couples or family members.

Moreover, Surijah and Septiarly (2016) in "Construct Validation of Five Love Languages" tested another research in Indonesia regarding the validity of love languages. The purpose of this research was to validate the Five Love Languages framework. Data was collected from a diverse group of participants who completed self-report questionnaires. Participants rated their identification with each of the Five Love Languages. The reliability of the scale was assessed using Cronbach's alpha coefficient, and the validity of the framework was evaluated by examining its correlations with established measures of related constructs like relationship satisfaction and communication. The research's results provided support for the construct validity of the Five Love Languages framework. Each language type demonstrated good reliability, indicating consistent measurement. Additionally, significant correlations were found between the Five Love Languages and related constructs, suggesting that the framework captures meaningful aspects of individuals' experiences of love and relationships. These findings contribute to the existing literature by providing empirical evidence for the validity of the Five Love Languages framework. The research emphasizes that individuals may have different preferences and needs when it comes to experiencing and expressing love. Understanding and recognizing these differences can be valuable

for individuals, couples, and therapists in improving communication, fostering connection, and enhancing relationship satisfaction.

Additionally in their research, Nichols et al., (2018) in “The Five Love Languages Program: An Exploratory Investigation Points to Improvements in Relationship Functioning” were researched to evaluate the effectiveness of a relationship education program based on the Five Love Languages concept. The program was implemented in seven rural counties, and participants' changes in relationship functioning were assessed using relationship quality measures, belief in the future of the relationship, partner empathy, and confidence in using the Five Love Languages. The research compared two groups: a "no booster" group that participated in didactic sessions only and a "booster" group that received additional resources and reminders to practice the Five Love Languages. The results indicated significant improvements in participants' knowledge of and confidence in using the Five Love Languages, with the "booster" group showing greater improvement in partner empathy compared to the “no booster” group. The research highlights the value of the program for family life education and provides recommendations for future research in this field.

A variety of other studies also investigated marital satisfaction using Chapman's love language model. Hughes and Camden (2020) in “Using Chapman's Five Love Languages Theory to Predict Love and Relationship Satisfaction”, reported the marital satisfaction towards marriages who understand each other's primary love language. They found that when partners used each other's preferred love language, it increased feelings of love and satisfaction with the relationship. Women reported greater feelings of love when their partner spoke their preferred love languages well. People need to learn how to use their partner's preferred love language because it can lead to a stronger bond between them. The research also discusses the importance of understanding and fulfilling each other's needs, regardless of having different love languages. The researchers used various methods, including surveys and statistical analysis, to gather and interpret data from a diverse sample of participants. Overall, the findings highlight the significance of expressing love in ways that resonate with one's partner to foster greater relationship satisfaction. Further research is needed to explore the effectiveness of love languages in different contexts and populations.

Furthermore, İnce and Işık (2022) in “The Mediating Role of Five Love Languages between Differentiation of Self and Marital Satisfaction” explored the

relationship between differentiation of self (DoS) and marital satisfaction, with a focus on the mediating role of the components of love languages. It was the first attempt to explore this link and shed light on couple dynamics. The researchers surveyed 161 heterosexual couples who had been married for 1-5 years in Northern Cyprus. Participants completed questionnaires assessing DoS, love languages, and marital satisfaction. They found that four out of the five love language components (physical touch, words of affirmation, quality time, and receiving gifts) played a mediating role between DoS and marital satisfaction. In other words, DoS positively predicted marital satisfaction and indirectly influenced it through these love language components. The findings suggest that understanding and utilizing love languages can contribute to better marital satisfaction based on individual differentiation and emotional needs. This research provides insights for family therapists and researchers interested in cross-cultural dynamics and improving marital satisfaction. However, there is limited empirical research on the topic, suggesting a need for further examination of variables related to love languages.

Meanwhile, Aulia et al., (2022) in "Fenomenologi Pola Komunikasi Interpersonal pada Pasangan Menikah (Studi Love Language dalam Usia Pernikahan 0-5 Tahun)" where their research based on the significant rate of divorce in Bekasi, Indonesia. The researchers recognized communication patterns, openness, and love language implementation in the first years of marriage. Thus, they explored the implementation of love language in maintaining communication and minimizing conflict in marriage. They compiled the data through observation, deep interviews, and documentation. Based on the result, she discovered the communication patterns, the openness of each couple, and the love languages of married couples. After compiling all the data, the results were analyzed using self-disclosure and love language theories. They concluded that being able to open up to each other in marriage can be beneficial in strengthening and maintaining communication which helps motivate one another to understand one another's love languages.

In romantic relationships, effective communication of love plays a crucial role in strengthening and maintaining the relationship. Chapman's (1992a) book, "5 Love Languages: The Secret to Love that Lasts," categorizes love behaviors into five different languages: acts of service, physical touch, quality time, receiving gifts, and words of affirmation. According to Chapman, expressing love in line with

one's partner's love language increases satisfaction in the relationship. The love language model has gained popularity and has been incorporated into state-sponsored programs for improving relationships. Thus, the difference of this research compared to others is that this research explicitly adopted an interpersonal communication perspective which means that it considered how couples interact and communicate with each other, emphasizing the role of communication in expressing and receiving love languages. This perspective provides unique insights into the ways couples navigate their relationships through interpersonal communication. The purpose of this research was to identify significant differences in interpersonal communication patterns between newlywed and old married couples in their use of love languages. This emphasis on differences allowed for a comparative analysis that can highlight any changes, challenges, or adaptations that occur in love language usage over time within a relationship. This distinction provided a more in-depth understanding of how the expression of love languages may vary over time within a long-term committed relationship. This comparative approach distinguished this research from studies that tend to focus primarily on one stage of the relationship.

## **2.2 Theoretical Discussions**

### **2.2.1 Definition of Love Language**

The term "love languages" refers to the many ways in which people express and receive love and affection. It is a concept that holds that individuals have various methods of communicating and feeling love. Knowing and accepting these variations may enhance communication and strengthen relationships. The theory was first introduced by Chapman (1992a). In his book, he underlines five models of love languages, including words of affirmation, quality time, receiving gifts, acts of service, and physical touch.

First, words of affirmation aim to validate the other person by using verbal statements. One's remarks may concentrate on another person's personality, appearance, or anything they've contributed to help. To communicate this language, one may seek features in the person that one respects or enjoys and show affection orally. If words of affirmation are one's primary love language, one's remarks will resemble rain on dry land. Nothing says more about one's affection than words of affirmation. Secondly, quality time means concentrating on one's partner completely. One must devote all the attention they have to the partner to

express this love language. It is not about sitting together in complete silence, but rather about spending time with each other. Third, receiving gifts implies the thoughts that are going through one's mind. Some people feel most loved by this type of love language because of the thoughtful gestures and presents that show love and appreciation. Fourth, acts of service are activities that demonstrate concern and assistance, such as making a meal, performing housework, or running errands. If one's partner has this type of love language, one is encouraged to find out about things that their partner wishes them to do. Fifth, physical touch also refers to non-sexual physical interactions like hugs, holding hands, and snuggling.

Individuals may have a main love language in which they would rather give and receive love, following the idea of love languages. Recognizing and expressing one's partner's love language may enhance the value and pleasure of the relationship.

### **2.2.2 Types of Love Languages**

The types of Love Languages are adopted from Chapman's (1992a) book "The Five Love Languages: The Secret to Love that Lasts", including:

#### **a. Words of Affirmation**

In expressing love, one way to do so is by using encouraging words. Many couples have demonstrated the effectiveness of verbal affirmation. They are best articulated in plain-spoken, declarative sentences like:

"Thank you for coming."

"You look beautiful."

"Wow! Look at you!"

"I appreciate your help"

"I love everything about you"

Giving verbal compliments is much better than nagging words. It does not necessarily mean using flattering words to influence someone else to do something one wants. When one loves someone, one does something for their well-being. As a result, the ones who hear affirmations are more likely to feel inspired and reciprocate gracefully to their partners.

Here are some suggested words of affirmation:

#### **1) Encouragement Words**

Completing the partner is one of the dialects in expressing words of affirmation. Furthermore, giving words of encouragement means to inspire

courage. One may experience insecurity or a lack of courage which hinders them from achieving their true potential. One may also need encouragement to unleash one's unexplored potential. Thus, potential may only expect encouragement from one's partner to take the first step. One's encouragement does not pressure one's partner to do whatever one likes but rather encourages them to improve their interests. It is important that one's partner shows empathy and understands the partner's perspective.

## **2) Kind Words**

Love can be expressed verbally not only with kind words but also in a manner that is pleasing to the ears. The act of saying "I love you" with compassion appears sincere and genuine and vice versa. One's tone of voice can convey an entirely different message than what one is trying to convey through one's words. Two messages are being sent. One's partner will likely comprehend the message according to the tone of voice, not so much the word choices. One who is angry or upset will lash out words of heat, but the partner shall respond with love and will react with a soft response instead of placing more heat on the other.

## **3) Humble Words**

It is more important to ask for requests than to make demands in a loving relationship. When one makes demands, one could unintentionally take on a parental role and place one's partner in a situation where they resemble a child. Making requests, on the other hand, acknowledges the partner's worth and skills and allows them to exercise their own by deciding whether to comply. Showing love is always a choice and it is possible to exhibit love genuinely by making requests as opposed to demands. While agreeing with demands may result in unfavorable emotions like dread or guilt, complying with requests emotionally conveys to one that the partner cares and wants to please the partner. The distinction between demands and requests is that while demands may inhibit emotional expression and result in feelings of belittlement or anger, requests have the potential to positively impact relationships more lovingly and respectfully.

## **4) Various Dialects**

When one speaks positively about their partner, this can act as an indirect form of affirmation and benefit the relationship in the long run. The urge to be valued can also be satisfied by praising one's partner in front of others and giving them credit for their achievements. Writing positive affirmations can be especially beneficial because they can be read frequently.

It highlights four different types of affirming words: verbal compliments, encouraging words, kind words, and humble words. It underlines how influential voice tone is when speaking and how encouraging words can inspire reciprocation and strengthen a relationship. It also adds that encouraging necessitates kindness and empathy and that a request is always preferable to a demand. It also highlights the fact that there are various dialects of the language of affirmation, all of which are used to satisfy people's needs for admiration.

## **b. Quality Time**

Spending quality time with someone requires giving them full attention, not merely being close by. Being together requires focused attention, which entails being present with one another and preventing outside distractions from degrading the quality of the time spent together. Spending quality time should not involve intense intimacy or romance. Instead, the action is accidental and acts as a means of forging an emotional bond and sense of togetherness among partners.

### **1) Quality Conversation**

Quality conversation is one of the many ways that quality time expresses affection. This entails openness and uninterrupted discussion of one's experiences, minds, emotions, and wishes. It is crucial for those whose major form of expression of love is quality time spent in such conversation to feel deeply appreciated. Words of affirmation do not constitute quality conversation since listening is more significant than speaking. One should put their attention on engaging the other person and listening sympathetically while spending quality time in discussion. Marriage demands empathic listening to comprehend the other person's ideas, feelings, and desires because it is a partnership rather than a problem that needs to be solved. The most ideal thing one can do is only offer advice when asked for it politely. Especially for people whose main love languages are quality time and quality discussion, actively listening may be challenging but essential.

### **2) Learning to talk**

One must listen attentively but also to open during a decent conversation. When a partner fails to communicate, he or she often seeks connection and togetherness. When a partner expresses their emotions, it will fill the emotional love tank of the partner whose main love languages are quality time and quality talk. However, for those individuals who were raised in a setting where showing

feelings was frowned upon, self-revelation can be difficult. One must first admit that people are emotional beings and acknowledge their emotions to begin learning the language of meaningful discussion. Expression of one's feelings, thoughts, desires, and deeds constitutes self-revelation. If one wishes to understand love language, one must choose how to reveal oneself.

### **3) Personality Types**

Understanding that personality might impact one's capacity to talk about emotions can help to improve communication in marriages. Establishing a daily sharing time when each partner shares three events from the day and how they feel about them is one option for enhancing communication. The "Minimum Daily Requirement" is what it is known as, and over time, it can improve the quality of conversations between partners.

### **4) Quality Activities**

Another variation of the love language of quality time is the idea of quality activities. This emphasizes wanting to spend undivided attention doing things as a couple that either one or both partners find interesting. The goal is to share a sense of being loved and cared for. Activities can include whatever both parties are interested in, and their motivations are clear. Quality activities also provide a memory bank for the couple in the future, particularly for those whose primary love language is quality time.

The two love languages for establishing and maintaining meaningful relationships are quality time and quality communication. Giving someone full attention develops a feeling of closeness and an emotional bond. This is referred to as quality time. Quality conversation, on the other hand, focuses on empathetic discourse between two people who are free to express their emotions, opinions, sentiments, and wants. It places a strong emphasis on the value of listening to and understanding the opinions, emotions, and wants of another person. In addition, attempts to be vulnerable so that a relationship can grow in terms of connection. When one can be open in a relationship, one's partner will likely feel valued and respected. It also talks about several personality types and the way they can impact interpersonal interactions.

### **c. Receiving Gifts**

A gift is a tangible representation of affection, which can mean different things to different individuals. Presents can be produced, found, or bought and

come in every size, shape, or color. A gift's price is less significant than the thought that went into choosing it. The act of giving a present might be interpreted as a sign of affection for someone whose primary love language is receiving gifts. No matter how expensive or extravagant the present, one shall develop the ability to think of the partner while giving gifts to become an expert gift giver.

### **1) Gifts and Money**

Due to their perceptions of the uses of money and the many emotions connected to spending it, individuals have diverse perspectives about money. While some individuals like to spend their money, others choose to put it into investments and preserve it. If one's partner prefers receiving gifts, it could be challenging for a saver to show their love by purchasing things. However, giving a gift to the other spouse may encourage them to feel more emotionally loved and strengthen the marriage.

### **2) The Gift of Self**

The value of giving the gift of one's presence or self in a marriage, particularly if the partner's primary love language is receiving gifts. The most potent gift that may be offered at difficult times is physical presence because it represents love. It is necessary to express the value of physical presence to one's partner since, although it may not seem significant to some, it can be quite important to them. Each of the five love languages challenges the couple to show their partner love, with some people placing a higher value on outward manifestations of that love. These presents don't have to be pricey; instead, they serve as a symbol of affection.

It is important to value visual representations of affection, no matter how expensive they may be. The thought and work that went into finding and presenting the item as a sign of love gives it its value. Presents don't have to be expensive and can be of any form, size, or color. Regardless of whether it ends up going into a saver's spending habit, giving, and receiving presents is an investment in a relationship. For people who consider physical presence to be their preferred form of gift-giving, physical presence at difficult moments becomes a crucial present. In general, providing gifts is a significant part of expressing love to some people.

### **d. Acts of Service**

The act of service is a love language, which entails performing for one's partner activities that are meaningful to them. It highlights the need for thought,

preparation, time, commitment, and energy when performing voluntary tasks including cooking, cleaning, and vehicle maintenance. Demands hinder the flow of love, whereas requests allow it to move forward. One's actions and affection for one another prior to marriage do not necessarily predict what one will do once one is married. Demands and criticism can cause conflicts in relationships but making requests of one another can help love grow.

### **1) Doormat or Lover?**

It is not love to treat one's partner like a commodity or to control them out of guilt and fear. Continuing to allow oneself to be exploited or controlled is a betrayal since people have the capacity to decide and take some action. Setting limits and not enabling someone to develop bad habits are both aspects of true love.

### **2) Overcoming Stereotypes**

One may have to reevaluate gender roles in marriage norms to comprehend and express the love language of acts of service. To show love effectively, one must be willing to evaluate and challenge one's own and one's partner's beliefs. While upholding stereotypes has no advantages, addressing one's emotional needs has several advantages.

Acts of service are actions undertaken so that one is confident that one will be able to provide one's partner with services they will cherish. Cleaning, cooking, washing cars, doing the dishes, doing the laundry, and taking care of household duties fall under this category. To fill one's partner's "love tank", one must learn to adjust to one's partner's love language. It's crucial to make requests rather than criticisms or demands because these can prevent people from expressing their affection. It warns that to effectively address a partner's emotional needs, one needs to avoid treating him or her like a doormat to give them what they need. Meaning to not take any advantage of one's partner for one's benefit. It also highlights the necessity to rethink preconceived notions about marital responsibilities.

### **e. Physical Touch**

The value of physical touch includes both child development and marriage relationships as a means of expressing emotional love. Some people's primary love language is physical touch, and when they don't receive it, they feel neglected. A person should be open to accommodating their partner's love language,

especially their desire for physical touch, by adjusting their attitude and communication. Touch may occur in a variety of ways. This is because even seemingly insignificant acts of physical affection, like sitting close or giving one's partner a quick kiss or cuddle, can mean a lot to them. To speak their spouse's love language and make the case that physical touch may build or break a relationship.

### **1) The body is for Touching**

The way language is used to create and uphold social conventions regarding acceptable touch, such as greetings with shaking hands in many cultures. Furthermore, it demonstrates the way language is employed to define the various forms of physical touch, both acceptable and unacceptable touch to physical abuse. Specifically in intimate relationships, physical touch can be extremely important in facilitating emotional communication. The concept of a "love language" that prioritizes physical touch underlines how crucial it is to comprehend how various people may have various emotional demands that can be satisfied through physical contact. The difficulties of sexual intimacy and infidelity in partnerships. Also, those whose preferred form of communication is physical touch may be particularly affected emotionally by such occurrences. These prompt intriguing queries concerning the function of language in expressing emotional needs and resolving challenging social and emotional circumstances.

### **2) Crisis and Physical Touch**

It is impossible to exaggerate the value of emotional and physical intimacy in a marriage. Crisis situations offer a special chance to show affection with physical touch. A person's demand for physical touch and emotional support is frequently increased during a crisis, therefore it's essential for marriages to assist one another during these times. Physical intimacy and contact are essential for emotional fulfillment for people whose major love language is physical touch. If one's primary love language is another form of communication, such as words of affirmation or acts of kindness, then the partner must communicate one's love language in order to fulfill one's emotional desires. As a result, sexual challenges in a marriage are frequently caused by emotional demands instead of physical methods. Sexual desire in women is frequently motivated by emotional intimacy and a sense of love and appreciation from the partner. While sexual satisfaction is crucial for males, it does not have the same meaning as the emotional desire to feel loved and accepted. In order to develop a strong and fulfilling marriage,

couples are required to not just take part in sexual activity, and yet also understand one another's expression of love language.

The significance of physical contact in transmitting emotional love, especially in early childhood development and marriage. Physical touch can strengthen or destroy a relationship, depending on people's primary love language. It is essential to learn to speak the love dialect of one's partner and to refrain from touching them in one's own style. Touches can be subtle and require not much effort but a lot of thought. The body is designed to be touched, not abused. Finally, physical touch is considered a means of providing comfort during times of crisis.

### **2.2.3 Newlywed and Old Married Couples**

Newlyweds refer to couples who have recently married or are currently in the early stages of their marriage, specifically a couple within their first year of marriage (Payleitner, 2021). Couples who are navigating the transition from being single or dating to becoming legally and emotionally bound in marriage are considered couples in the early stages of their marriage journey. The period of early marriage is often referred to as the "honeymoon phase," where couples tend to experience high levels of intimacy, passion, and excitement. During this period, couples tend to communicate more frequently and positively with each other, and they may express their love language more overtly. One theory that explains this phenomenon is the social exchange theory. It was first introduced by George Homans in the 1950s and later developed by other sociologists and psychologists, including Blau (1964) and Emerson (1976). The theory suggests that individuals are motivated by self-interest and seek to maximize benefits and minimize the costs of relationships. In the early stages of a relationship, individuals may engage in more positive behaviors to increase the benefits and reduce the costs, such as by expressing their love language more frequently.

As discussed above, another theory known as the equity theory, was developed by Adams (1965) who proposes that individuals are motivated by a desire for fairness and equality in their relationships. During the honeymoon phase, couples may perceive their relationship as highly equitable, which can lead to more positive communication and expression of love language. Old married couples, on the other hand, are those who have been married for a longer duration, typically several years or more. This period is often characterized by a deeper sense of commitment and attachment, but also may involve decreased levels of passion

and excitement. Communication patterns may change over time, with couples relying more on non-verbal forms of communication to express their attachment and commitment, which can involve acts of service or physical touch rather than overt verbal expressions of love language.

This is exemplified in the work undertaken by Gottman (1995), in his books where he provided guidance on creating successful and lasting marriages, offering practical advice based on research findings and his experience working with couples. While he did not expressly designate "old married couples" or "newlyweds" as different groups, he did present insights that can be applicable to couples at all stages of their relationship, including newlywed and old married couples. Gottman (1995) examined the factors and dynamics that contribute to the success or failure of marriages. He offers insightful advice that is helpful to both newlyweds and old married couples. He provides a thorough overview of the elements that go into successful marriages and offers useful tips for advancing relationships at various stages. Furthermore, Gottman and Silver (1999) recognized that newlyweds are still in the early phases of their marriage and highlighted the significance of building a solid foundation. He gave advice on forging a strong friendship, having good conversations, handling disagreements in a healthy way, and fostering closeness. To build a solid and enduring marriage, he explained that these guiding principles give newlyweds a road map for navigating the difficulties and rewards of the early years of marriage.

As previously stated, he acknowledged the significance of relationships that have stood the test of time. In his book, he outlined concepts intended to support couples in sustaining and enhancing their relationships throughout time. He discussed issues that could come up in long-term relationships, like a breakdown in communication, emotional distance, and complacency. He offered methods for reviving a relationship, fostering emotional closeness, and reinvigorating commitment, which can be especially helpful for partners who have been together for a long time.

Moreover, Gottman (2013) examined the factors that prolong and strengthen love in relationships. However, rather than focusing on the differences between newlyweds and old married couples or long-term couples, he explored the dynamics and problems that might develop in relationships over time. He provided newlyweds with useful tools for fostering love and connection, creating shared meaning, and coping with the difficulties that will inevitably emerge in the

first few years of marriage. He did, however, acknowledge the significance of couples who have been together for a substantial period. He highlighted problems that might arise in long-term relationships, including a breakdown in communication, emotional distance, and the loss of love and trust. He discussed the idea of "emotional bids" and the value of responding to these attempts to connect emotionally, which can be especially important for old married couples.

As was pointed out in the previous explanation, the duration of a couple's marriage can also impact how they express and interpret love languages. Research suggests that love languages may change over time as couples navigate different stages of their relationship (Papp et al., 2011). In terms of marital duration, newlywed and old married couples may have different ranges depending on the definition used. Kurdek (1999) observed that newlyweds tend to have a marriage duration between 0 and 2 years, while old married couples generally have a marriage duration of more than 10 years. In addition, another research recommended including not only newlyweds (0-5 years of marriage) but also old married couples (20+ years of marriage) in the research for a more comprehensive understanding of love languages at different stages of marriage (C. A. Johnson et al., 2001).

After all, it is important to note that these ranges can vary depending on the research and the specific criteria used to define the groups. In the present research, newlywed couples are defined as those who have been married for 0-5 years, while old married couples are defined as those who have been married for 20+ years. Therefore, this research specified the range of marital duration between newlywed (0-5 years of marriage) and old married couples (5+ years of marriage).

## **2.2.4 The Impact of Love Language on Marriage**

### **a. Newlyweds**

The inner self of every individual requires the nurturing of loving individuals who are attentive to their feelings and responsive to their needs at every stage of their life. They welcome the appearance of one's true self with unconditional love. Their loved ones foster their inner resources of personal power, love, and serenity. They are affectionate, respected, appreciated, and accepted by their loved ones (Richo, 2021). Those expectations become higher when one enters marriage. Some people believe that marriage would result in a positive step in their lives. Whatever the quality of life had been prior to marriage, it would improve as a result.

In his book, Chapman (2018) noted that anyone entering a marriage with the same expectations and beliefs that marriage will bring them the greatest happiness ever. Others were content before they were married and thought that getting married would only make their life more fascinating. Thus, when it fails to meet those expectations, it causes numerous couples to have marital issues (Chapman, 2018).

When someone is in love, the feeling of euphoria persists for the first few years of marriage. Some couples only have the idea of the person they love, not the person they really are. "In romance, you see the reflection of your own beseeching gaze," claimed psychiatrist Irvin Yalom in Richo (2021). In addition, Richo (2021: 149) said a mirror solely shows an image, not a reflection of reality. Hence, the roots of the "Love is blind" term. Love only sees what it needs to see, thus it might become blind. Following extensive research conducted by Dr. Dorothy Tennov in Chapman (1994), she discovered that romantic passion lasts on average two years. The appearance of intimacy gradually fades, and each person's distinct desires, feelings, thoughts, and behavioral patterns take over. As reality takes over, the couple are two distinct individuals whose minds have not yet fused. Some plausibly lose their interest in each other, and they either decide to divorce, retreat, or start the difficult process of learning to love one another without the ecstasy of the in-love euphoria (Chapman, 1992a: 47).

It is encouraged to recognize the in-love phase of marriage. It involves knowing the difference between a temporary emotional high and the pursuit of real love. Even though this kind of love is emotional in nature, it is not obsessional. It is a kind of love that merges reason and emotion. It requires deliberate action, self-control, and recognition of the value of personal development. Humans' fundamental emotional needs are to be loved by someone, to experience love that comes from a conscious choice rather than instinct (Chapman, 1992a: 50). He added that the world seems brighter and one's partner will push themselves to accomplish their full potential in life when their emotional love tank is full. The reason for this is that they feel comfortable in their partner's affection. The world appears bleak, and they are unlikely to ever fulfill their potential for doing good in the world when the love tank is empty. It feels like they are being used but not loved.

The essence of one's humanity provides the answer to that query. Humans are creatures with free will. That implies that one can make flawed decisions, which

one has done. One has said hurtful things and done harmful things. Even if those decisions may have appeared justified at the time, one is not pleased with them. There is no need for one to continue making flawed decisions simply because one has made them in the past. Rather, one may apologize, "I'm sorry I offended you, but I want to change the course of events. I want to love you in your own language. I am here to meet your needs". When partners decide to love, marriages are saved from dissolution. While love doesn't change the past, it does alter the future.

One fosters an emotional environment in which one can address past disagreements and shortcomings when one chooses to express one's love in one's partner's primary love language (Chapman, 1992a: 176). If one decides to consistently express the partner's emotional love language, the partner will continuously feel loved. On the other hand, if one refuses to speak their partner's primary love language, they are more likely to yearn for their emotional needs. The decision to satisfy one's partner's need for affection is a choice one must make every day (Chapman, 1992a: 179). If the couple works together to meet each other's needs and fulfill their love tanks, their deepest emotional needs will be satisfied.

#### **b. Old Married Couple**

The need to be close to and loved by another is at the core of human existence. The purpose of marriage is to satisfy this need for love and closeness (Chapman, 1992a: 34). The research indicates that love only lasts for two years in Chapman's (2010) book. However, a successful marriage isn't solely dependent on being in love. He further explained the idea of stages in marriage. The first stage demands less effort due to the feeling of love euphoria (Chapman, 2010: 24). Despite putting a lot of energy into a relationship, love encourages someone to give without expecting anything in return. It is not considered an effort, but rather a form of love. Meanwhile, the second stage requires more thoughtful intention than the first stage did. This stage demands the partner to put extra effort into maintaining the relationship, meaning to keep emotional love alive.

Nonetheless, it is worth the effort to transition from Stage One to Stage Two (Chapman, 2010: 27). It is important to understand that what makes one person feel loved may not make another feel loved; and when couples come down from their love high, they often miss each other's attempts to express love. Therefore, acknowledging appreciation indicates one's development. Thus, romance is about

giving and receiving. Appreciation encourages intimacy. When one gives, one assumes that they will be rewarded as in thank you. It is a desire for the conversation to be fulfilled in a conventional manner rather than a middle-class or egotistic desire. The lack of gratitude in a relationship makes one feel incomplete (Richo, 2021: 48). To experience feelings deeply, it is necessary to receive validation from someone who mirrors them (Richo, 2021: 74). Appreciating one's partner may help them feel less lonely as their presence is acknowledged. The idea is supported by Domènech-Abella et al., (2017) who state that married individuals who experience feelings of loneliness have a probability of over 55% of being diagnosed with depression.

Psychologists have determined that one of the most fundamental human emotional needs is the desire to be loved (Chapman, 1992b: 32). The emotional desire for love must be satisfied for one to be emotionally healthy. Adults who are married yearn to be loved and cared for by their partners. When one knows that their partner loves them, accepts them, and is devoted to their welfare, they feel secure. Every human experiences all those feelings while they are in love (Chapman, 1992b: 50). The far reaches of love are beyond one's mind, regardless of how long one has been in it or how much one loves. It will always be a silent mystery, whose agony and thrill one can only succumb to with a yes. One possesses a cheery and brave quality that allows one to risk everything to enter the labyrinth of love. None of the love in the world can make a relationship work or bring happiness. It involves expertise, but it's a skill that anyone can learn. Regardless of how timid or awkward one may initially be, practice can help one to become agile enough to work together with grace (Richo, 2021: 15). As a result, maintaining a marriage requires both parties' involvement. Thus, the language of love plays a significant role in expressing and receiving love.

All people have their own languages and dialects that they are most familiar with. Likewise, this applies to love. It is believed that each person has a main love language. One of the five love languages can be more dominant than the other. Chapman (1992b: 26) discovered the rarity of a couple who speak the same love language. It is caused by the tendency of humans to speak their own personal love language. They feel displeased when their partner is unable to understand the love language that they convey. The partner tries to communicate their love, but the idea is not accepted because the language between them is different. This is because it seems to be a foreign language to one's partner.

In addition, Chapman (2010: 21) mentioned that one shows love to others by doing things in a manner that makes her/him feel loved. However, if it is not their language, it will not mean the same thing to the partner as it does to her/him. Therefore, discovering and understanding each other's primary love language is beneficial as a form of information that can be applied to strengthen the relationship. This may improve the quality of marriage. As Chapman 1992b: 24) emphasized, it is incredibly important to understand the partner's preferred love language to have efficient communication of love. He added that when one can recognize and express the partner's primary love language, it is as if the person finds a secret to a long-lasting, loving marriage because sincerity alone is not going to be sufficient.

If one is unsure about one's preferred love language, consider one's partner's usage of these languages inadvertently. One will be hurt more severely than anybody else if one's partner uses one's primary love language poorly. One may identify one's primary love language by how frequently one asks one's partner for presents or quality time. Sometimes (but not always) it is one's love language if one is consistently providing for one's partner. It's likely that if one uses words of affirmation to show one's partner how much one cares, one will continue to do so.

Those whose emotional love tanks have been full for a while and those whose love tanks have been empty for so long that they have forgotten what makes them feel loved may find it challenging to identify their preferred love language (Chapman, 1992b). When one considers that someone values the relationship beyond all else and is willing to focus their time and energy solely on it, one's emotions surge. No matter how long it lasts, one's emotional need for love is satisfied for a short period of time. The couple can rule the world because their tank is full. There are no obstacles. It is wonderful for many people since it is the first time, they have ever lived with a full emotional tank (Chapman, 1992b: 178).

### **2.2.5 Interpersonal Communication**

Interpersonal communication is the exchange of information between individuals rather than between roles, masks, or standards (Blau, 1964: 52). Even if everyone acknowledges and exchanges a part of what defines them as human beings. In addition, if one is conscious of a part of what causes the other person to be human, it is possible to have an interpersonal conversation between them. Interpersonal communication happens between individuals who have some level

of connection. In addition to being "connected," people are also interdependent, meaning that the actions of one person impact the actions of the other. Individuals can affect each other through their actions. Interpersonal communication is inescapably and fundamentally relational in essence because of this interdependence.

Overall, relationships are formed through interpersonal communication, which influences and determines such relationships (DeVito, 2016). A connection's ability to facilitate communication is partly a result of that relationship. Meaning, the type of relationship one has with another person greatly influences how one interacts. Luthfi (2017) discovered that because of the family's poorly functioning interpersonal interactions, husband and wife's interpersonal communication was somewhat challenged. Disbelief between husband and wife resulting from the absence of transparency and equal attitude of every partner in the family generating interpersonal conflict and leading to divorce are reasons that produce family instability and interpersonal relationships. Additional research by Verolyna (2019) reveals the impact of a lack of interpersonal communication leading to conflict during the first years of marriage. Additionally, interpersonal relationships constitute a dynamic continuum encompassing development, maintenance, and occasionally dissolution, all intricately woven through the fabric of communication. Concurrently, the potency of such relationships is profoundly fortified through the cultivation of adept communication skills (Dindia & Timmerman, 2003). Within the sphere of interpersonal relationships, the journey from inception to maturation unfolds against the backdrop of communication. The very foundation of a relationship takes root in the exchange of ideas, emotions, and experiences, with mutual understanding emerging as the cornerstone. The ongoing interplay of communication serves as the lifeblood of sustaining relationships, as it nurtures bonds, resolves conflicts, and sustains emotional intimacy. At times, however, the delicate balance can be disrupted, leading to the potential dissolution of connections due to miscommunication, misunderstandings, or evolving circumstances.

Yet, the narrative of interpersonal relationships is not solely characterized by challenges. The cultivation of effective communication skills emerges as an instrumental factor in bolstering the vigor of these connections. As noted by Dindia and Timmerman (2003) honing these skills empowers individuals to navigate complexities, express themselves with authenticity, and understand the needs and

perspectives of their counterparts. By wielding communication as a tool for connection, individuals can harmonize their interactions, foster empathy, and demonstrate a genuine investment in the relationship's longevity.

In summation, the intricacies of interpersonal relationships are inexorably intertwined with the cadence of communication. Whether nurturing bonds, surmounting obstacles, or enriching connections, the power of communication remains an ever-present force. The astute cultivation of communication skills, as advocated by Dindia and Timmerman (2003) amplifies the potential for relationships to thrive, underscoring the pivotal role of effective communication in the intricate tapestry of human connections.

As discussed above, figure 2.1 serves as an illustrative depiction of the intricate circular dynamics inherent in interpersonal communication. Unlike the conventional linear progression where messages flow sequentially from Person 1 to Person 2 and then back, this visual representation showcases the synchronicity of the transmission of messages between both parties (DeVito, 2022). The circular nature emphasizes simultaneous exchange, highlighting a more nuanced and interconnected mode of interaction. The conceptual framework delineated in this model encapsulates fundamental facets that collectively shape the landscape of interpersonal communication, a universality observed across diverse interactive scenarios.

First, the concept of "source-receiver" emerges as a pivotal construct encompassing dimensions of competence, encoding-decoding mechanisms, and the art of code-switching. These elements collectively contribute to the efficacy of message transmission and comprehension. Second, the model embraces the realm of "messages," encompassing not only the explicit content but also the subtler nuances encapsulated within feedback and feedforward. This dynamic interplay furthers the depth of communication and contributes to its refinement. Channels through which communication transpires constitute the third facet, with their inherent characteristics influencing the quality and effectiveness of information exchange. The existence of "noise" as the fourth element recognizes perturbing factors that can disrupt the seamless flow of communication, demanding attention and mitigation. Context, as the fifth integral component, assumes a crucial role as it contextualizes the exchange, lending meaning to the messages exchanged within a specific environment or situation. Lastly, the notion of "effects" encapsulates the reverberations of communication, acknowledging its potential to

elicit varied responses and outcomes. In essence, the model encapsulates an array of dimensions that collectively embody the essence of interpersonal communication across various contexts. These dimensions converge to establish a holistic understanding of the intricate interplay between individuals, thereby enriching our comprehension of the universal principles governing interpersonal communication dynamics (DeVito, 2022).

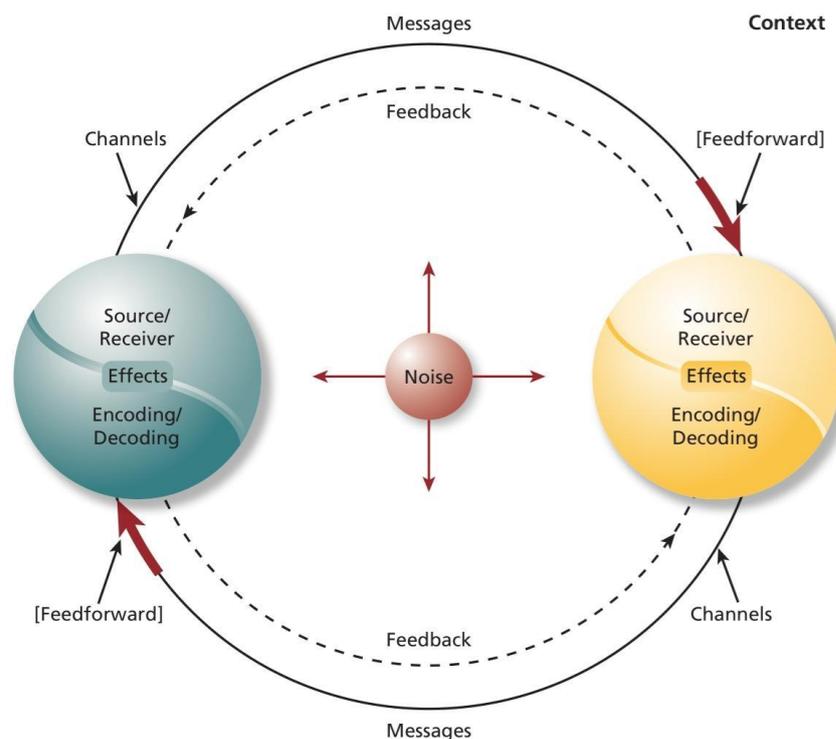


Figure 2.1. A model of interpersonal communication (DeVito, 2022)

### 2.3 Conceptual Framework

This research's conceptual framework relies on the Love Language and Interpersonal Communication Theory. According to the Interpersonal Communication Theory, communication is essential in shaping and maintaining relationships. It highlights the significance of effective communication in the development and maintenance of healthy, long-lasting relationships. As suggested by Love Language Theory, individuals possess various methods of expressing and receiving love. As this theory suggests, there are five types of love: words of affirmation, acts of service, receiving gifts, quality time, and physical touch. Marriage couples may have different ways of expressing and receiving love. Realizing these differences may lead to better communication and a stronger marriage. By investigating the relationship between love languages, marital

duration, and interpersonal communication, this research attempted to understand how couples can build and maintain strong and healthy relationships. Moreover, this research approach combined quantitative and qualitative methods (the mixed method). The variables of this research were love languages and marital duration as independent variables and interpersonal communication as the dependent variable. In collecting data for the research, a questionnaire and interview were used as instruments to discover the research objectives.

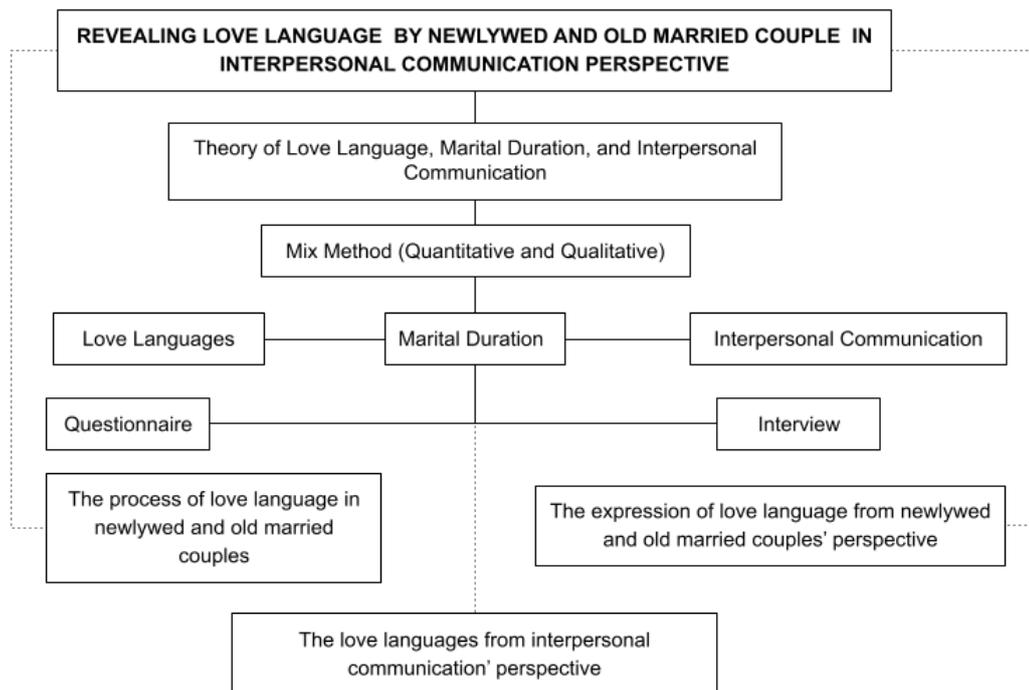


Figure 2.2. Conceptual Framework .