

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh *Trust* terhadap *Romantic Jealousy* pada individu yang menjalani *Long Distance Marriage*. *Trust* merupakan keyakinan individu terhadap pasangannya, sedangkan *romantic jealousy* adalah emosi kompleks yang melibatkan kecemasan dan perasaan tidak aman terhadap kesetiaan pasangan. Penelitian ini menggunakan pendekatan kuantitatif dengan metode kausalitas dan teknik regresi linier sederhana. Sampel penelitian berjumlah 245 individu yang menjalani *Long Distance Marriage*, diperoleh dengan teknik *convenience sampling*. Instrumen yang digunakan adalah Skala *Trust in Close Relationship* dan Skala Multidimensional *Jealousy*. Hasil uji regresi sederhana menunjukkan bahwa terdapat pengaruh negatif yang signifikan antara *Trust* terhadap *Romantic Jealousy* ($\beta = -0,544$; $p = 0,000$), dengan nilai koefisien determinasi sebesar 0,296. Artinya, *Trust* berkontribusi sebesar 29,6% terhadap variabel *Romantic Jealousy*. Semakin tinggi tingkat *Trust* yang dimiliki individu, maka semakin rendah pula tingkat *Romantic Jealousy* yang dirasakan. Hasil ini menunjukkan pentingnya membangun dan mempertahankan *Trust* dalam *long distance marriage* untuk mengurangi potensi konflik emosional dan memperkuat stabilitas hubungan pernikahan.

Kata kunci: *Trust, Romantic Jealousy, Long Distance Marriage*

ABSTRACT

This study aims to investigate the influence of trust on romantic jealousy among individuals engaged in long distances marriages. Trust refers to an individual's belief in the reliability and integrity of their partner, whereas romantic jealousy is a multifaceted emotion characterized by anxiety and insecurity concerning a partner's loyalty. This research employs a quantitative approach with a causal design, utilizing simple linear regression analysis. The sample consisted of 245 individuals in long-distance marriages, selected through a convenience sampling technique. Data were collected using the Trust in Close Relationships Scale and the Multidimensional Jealousy Scale. The results of the simple regression analysis indicate a significant negative relationship between trust and romantic jealousy ($\beta = -0.544$; $p = 0.000$), with a coefficient of determination of 0.296. This suggests that trust accounts for 29.6% of the variance in romantic jealousy. In other words, the higher an individual's level of trust, the lower their experience of romantic jealousy. These findings underscore the critical role of fostering and maintaining trust in long-distance marriages as a means of reducing emotional conflict and enhancing marital stability.

Keywords: Trust, Romantic Jealousy, Long Distance Marriage