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The Relationship between Emotional Intelligence and the Five Love Languages in Young Adults Who Are Dating in the Tondano Region, Minahasa Regency

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Abstract

This study aims to analyze whether there is a relationship between emotional intelligence and the five love languages in young adults who are dating in the Tondano Region. At the same time, this study also describes the level of emotional intelligence and the use of the five love languages in young adults who are dating in the Tondano Region. The type of research used in this study is a quantitative research method with a correlational research type. The data collection technique used in this study was a questionnaire or survey distributed to 68 respondents selected using a purposive sampling technique with the criteria of individuals aged 18-40 years and currently dating. Female respondents dominated with a total of 52 respondents (76.5%) and male respondents as many as 16 respondents (23.5%). The results of the study showed that there was a positive and significant relationship between emotional intelligence and all aspects of the five love languages, namely Words of Affirmation (r = 0.390; p = 0.001), Quality Time (r = 0.378; p = 0.001), Acts of Service (r = 0.361; p = 0.002), Physical Touch (r = 0.347; p = 0.004), and Receiving Gifts (r = 0.325; p = 0.007). These findings indicate that the higher a person's emotional intelligence, the better their ability to understand and express affection in romantic relationships. In addition, the level of emotional intelligence in young adults dating in Tondano was classified as moderate, with the majority of respondents being 48 people (70.6%). Regarding the use of the five love languages among young adults dating in the Tondano Region, words of affirmation are the most dominant or most used form of love language, as indicated by the highest mean score of 35.59 (SD = 3.46) and the relatively even distribution of scores among respondents. Thus, the hypothesis stating that there is a relationship between emotional intelligence and the five love languages is accepted, while the hypothesis stating that there is no

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relationship between emotional intelligence and the five love languages is rejected. Therefore, it can be concluded that there is a relationship between emotional intelligence and the five love languages among young people dating in the Tondano area, Minahasa Regency.

Keywords:Emotional Intelligence, Five Love Languages, Dating

INTRODUCTION

As social beings, humans have a natural instinct to connect and interact with others. Human social life is influenced not only by the drive to survive but also by the desire to establish emotional and affective connections. In romantic relationships, individuals exhibit various behaviors that reflect attention, appreciation, and support for their partners as a form of affection. In line with Maslow's theory (2017), humans constantly strive to fulfill their basic needs in a hierarchical manner, including the need for belonging and love (Aulia, 2019).

The way a person gives and receives affection is known as their love language. According to Gary Chapman, there are five main forms of love language: Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch. Differences in how to express love can lead to misunderstandings if not understood by each partner. Therefore, understanding your own and your partner's love language is crucial for creating a harmonious relationship. In the context of young adults who are dating, the ability to manage emotions and understand how to give and receive love significantly impacts the quality of the relationship.

This ability is related to emotional intelligence, which is a person's ability to recognize, understand, and manage their own emotions and those of others (Goleman, 1996). Individuals with high emotional intelligence tend to be able to build healthier relationships, manage conflict well, and demonstrate empathy for their partner's emotional needs. In romantic relationships, emotional intelligence is a crucial factor in supporting the relationship's sustainability and maturity.

However, not all relationships are harmonious. Researchers' observations of young adults dating in the Tondano region reveal that conflict in romantic relationships often arises not from a lack of love, but rather from differences in how they express and receive affection. Couples tend to express love according to their individual preferences without realizing that these approaches may not align with their partner's emotional needs. These differences can lead to misunderstandings in communicating feelings and ultimately lead to interpersonal conflict.

For example, individuals whose love language is physical touch often feel disappointed when their partners rarely provide physical touch during meetings. This is supported by data

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showing that physical touch is one of the most preferred love languages in Indonesia, at 33% (Putri, 2023). On the other hand, partners may have shown affection through other forms, such as giving gifts. Because the expressions of love received do not match their expectations, individuals still feel emotionally neglected.Conflicts arising from differences in love languages often manifest as recurring small arguments, such as complaints about a lack of attention, jealousy, or feelings that partners don't understand each other's needs. These conflicts persist because the differences in how they interpret love are not openly discussed and are not recognized by both parties.Individuals often realize the root of the problem too late. They tend to feel anxious or confide in friends before realizing that the real problem is a lack of understanding of their partner. For example, an individual may feel disappointed and think their partner doesn't care, but after speaking more calmly and paying attention to their partner's expression of affection, they realize that their partner has actually shown love, just in a different way than they expected. Furthermore, Clinical Psychologist Irma Gustiana states that differences in love languages in relationships can lead to conflict and even be a factor in ending a relationship if not managed properly (Antara News, 2023).

Azzahra et al.'s research on love language analysis in Generation Z found that couples with different love languages tend to experience conflict in their relationships because one party feels unloved or neglected. This condition indicates that individuals are not yet fully able to regulate their emotions and understand their partner's emotional needs. Visno's (2024) research also shows that individuals with high emotional intelligence tend to be better able to manage conflict, while low emotional intelligence can potentially lead to repeated conflict and difficulty controlling emotions during interactions.

This phenomenon suggests that the sustainability of dating relationships in young adulthood depends not only on the presence of love, but also on the individual's ability to understand their partner's emotional needs, recognize differences in how they express affection, and manage emotions effectively. Although emotional intelligence and the five love languages have been extensively studied separately, research directly examining the relationship between the two variables, particularly in young adults in relationships, is still limited. Furthermore, most research has been conducted with married couples or within larger urban settings.

Based on the description, this study aims to examine the relationship between emotional intelligence and the five love languages in young adults who are dating in the Tondano area of Minahasa Regency, as well as to determine the level of emotional intelligence and the use of the five love languages in young adults who are dating in the Tondano area. This study is expected

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to provide direct practical benefits for young adults who are in a relationship. And theoretically, this study can provide benefits to enrich the science of psychology, especially in the field of social psychology, by filling the research gap regarding the specific relationship between emotional intelligence and love language preferences in young adults who are dating.

RESEARCH METHODS

This study used a quantitative correlational research method with a cross-sectional approach. Cross-sectional research is a type of research conducted by collecting data from a population or sample at a specific point in time (Sugiyono, 2013). This study will examine the relationship between emotional intelligence and the five love languages in young adults who are dating in the Tondano region.

To test the research hypothesis, the variables involved in this study must first be identified. The variables involved in this study are:

1. Independent Variable: Emotional Intelligence
2. Dependent Variable: Five Love Languages

The operational definition of research aims to ensure that the measurement of research variables is more focused, in accordance with the objectives and measurement methods prepared. The operational definition of this research is as follows:

Five Love Languages (Y)

The Five Love Languages are ways individuals express love or affection to their partners. These include words of affirmation, quality time spent together, receiving gifts, acts of service, and physical touch, all of which take into account emotional expression and responses to intimacy.

Emotional Intelligence (X)

Emotional Intelligence is an individual's ability to recognize and understand themselves (self-awareness), manage emotions (self-regulation), motivate themselves (motivation), recognize and understand the emotions of others (empathy / social awareness), and be able to build relationships with others (Relationship Management).

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Population

The population in this study was all young adults dating in the Tondano area of Minahasa Regency. The respondent criteria required for this study were individuals aged 18–40 years who were currently dating.

Sample

This research usespurposive sampling technique.*Purposive*Sampling is a technique for determining samples based on specific considerations by the researcher. Researchers deliberately select subjects deemed most appropriate or representative for their research objectives (Sugiyono, 2013).The purposive sampling technique was chosen because the researcher had specific criteria that respondents must meet. In this case, the researcher intentionally selected individuals aged 18 to 40 who were currently dating. With purposive sampling, the researcher ensured that all selected respondents were relevant to the research focus. Because the population data in this study was very large, the researcher used the Cochran formula to determine the sample size. The Cochran formula is used when the population is unknown. The Cochran formula is:

$$n = \frac{Z^2 pq}{e^2}$$

Information :

n = Number of samples required

Z = The level of confidence required in the sample, namely 90%

p = Probability of being correct, namely 50%

q = Probability of being wrong, which is 50%

e = Margin of Error or tolerable level of error, namely 10%

The sample size is as follows:

$$n = \frac{(1{,}64)^2(0{,}5)(0{,}5)}{(0{,}1)^2}$$

$$n = 67{,}24$$

Based on these calculations, the minimum number of samples that must be used is 67.24 and rounded up to 68 respondents.

Data collection technique

The data collection technique used by the researcher is a questionnaire system. A questionnaire is a data collection method that involves giving a series of written questions or statements to respondents to answer (Sugiyono, 2013). The questionnaire used consists of five

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answer choices, namely: SS (Very Appropriate), S (Appropriate), N (Neutral), TS (Not Appropriate), and STS (Very Not Appropriate).The addition of a neutral answer option aims to provide an opportunity for respondents who are in a middle position or unsure about the statement. This way, respondents can provide an answer that better aligns with their perceived situation without being forced to choose a particular preference.

Validity Test

Validity testing is the process of determining the extent to which a research instrument measures what it is supposed to measure. Validity refers to the instrument's accuracy and precision in reflecting the variables being studied. A valid instrument will produce results that reflect reality or existing conditions (Sugiyono, 2013). This study tested validity using SPSS with the Pearson product-moment correlation technique (bivariate).

Table 1. Validity Test Results

No	Variables		Number of Items	
		Total Items	Valid Items	Dropped Items
1	Emotional Intelligence (X)	24	21	3
2	Five Love Languages (Y)	32	32	0

Reliability Test

Reliability testing is the process of determining the extent to which a research instrument produces consistent and stable data when used repeatedly under the same conditions. Reliability refers to the consistency of the measurement results from the instrument used (Sugiyono, 2013).An instrument is considered reliable if its Cronbach's Alpha value is greater than 0.6. If this value is achieved, the instrument is sufficiently consistent and can be used in research. Conversely, if the Cronbach's Alpha value is less than 0.6, the instrument is considered inconsistent, so the results are less reliable and should not be used. Reliability testing was conducted using the Cronbach's Alpha formula with the help of SPSS software.

Table 2. Reliability Test Results

No	Variables	Number of Items	
		Total Items	Reliable Items
1	Emotional Intelligence (X)	24	21
2	Five Love Languages(Y)	32	32

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Thus, the Emotional Intelligence and Five Love Languages questionnaires are declared suitable to be used as research instruments.

RESULTS AND DISCUSSION

Normality Test

The normality test was used to determine whether the data in this study were normally distributed and therefore met the requirements for statistical analysis. In this study, the normality test was conducted using IBM SPSS Statistics software using the Kolmogorov-Smirnov method. Data are considered normally distributed if the significance value obtained is >0.05. The results of the normality test in this study are presented in the following table:

Table 3. Normality Test Results

Variables	Asymp.Sig.2 Tailed Value	Information
Emotional Intelligence	**0.200**	**Normal**
Five Love Languages	**0.200**	**Normal**

Based on the results of the normality test in the table above, the significance value obtained for the emotional intelligence variable was 0.200 and for the five love languages variable was also 0.200.

Because both significance values are greater than 0.05 ($p > 0.05$), it can be concluded that the data for both variables are normally distributed. This indicates that the research data does not deviate from the normal distribution, thus fulfilling one of the basic assumptions required in parametric statistical analysis.

Linearity Test

A linearity test was conducted to determine whether there is a linear relationship between the dependent and independent variables in this study. A relationship between variables is considered linear if the significance value (P) is greater than 0.05; if the significance value is less than 0.05, the relationship is considered nonlinear. The results of the linearity test for this study are presented in the following table:

Table 4. Linearity Test Results

Dependent Variable	Independent Variables	Deviation from Linearity	Information
Five Love Languages	Emotional Intelligence	0.190	Linear

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Based on the table above, it is known that the Five Love languages and emotional intelligence variables have a significance deviation from linearity value of 0.190 > 0.05, so it can be stated that there is a linear relationship between the dependent and independent variables.

Descriptive Test

The respondents in this study were young adults currently dating in the Tondano region. A total of 68 respondents were obtained.

Table 5. Distribution of Respondents' Gender

Gender	Frequency	Presentation
Man	16	23.5%
Woman	52	76.5%
Total	68	100%

Based on the table above, it can be seen that this study involved 68 respondents, with the majority of respondents being female, at 52 (76.5%). Meanwhile, there were 16 male respondents (23.5%).

1. Emotional Intelligence

Table 6. Descriptive Analysis of Emotional Intelligence

Variables	N	Minimum	Maximum	Mean	Standard Deviation
Emotional Intelligence	68	63	104	86.29	9.05

Based on data from 68 respondents, the Emotional Intelligence variable has an average of 86.29 with a minimum value of 63 and a maximum of 104. The standard deviation value of 9.05 indicates that the data distribution is relatively small, so that the respondents' Emotional Intelligence tends to be not very different from each other. This illustrates that most respondents have relatively similar abilities in recognizing, understanding, and managing emotions.

After obtaining the average value and standard deviation of the hypothesis, the scores on this research scale are classified into three categories, namely high, medium, and low, using the formula listed in the following table.

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Table 7. Data Category Description

Category	Norm
Tall	X ≥ M + 1 SD
Currently	M – 1 SD ≤ X < M + 1 SD
Low	X < M – 1 SD

Emotional intelligence in young adults dating in the Tondano region was grouped into three levels using a hypothetical mean (M) and standard deviation as references. This grouping consisted of high, medium, and low categories, adjusted to applicable norms. The results of this grouping are presented in the following table.

Table 8. Categorization of Emotional Intelligence

Category	Norm	Number of Subjects	Presentation
Tall	≥.95.34	11	16.2%
Currently	77.24 - 95.34	48	70.6%
Low	< 77.24	9	13.2%

Based on the results of grouping data from 68 respondents into three categories: high, medium, and low, it can be seen that the majority of respondents have Emotional Intelligence in the medium category. This is evident from the number of 48 respondents, or 70.6% of the total respondents. This condition indicates that, in general, the respondents' level of Emotional Intelligence is at a sufficient level, not too high but not too low either.

Furthermore, 11 respondents, or 16.2%, fell into the high category. This indicates that only a small percentage of respondents have excellent Emotional Intelligence, such as the ability to manage emotions and understand others' feelings well.

Meanwhile, 9 people, or 13.2%, fell into the low category. This number is also relatively small, meaning only a small proportion of respondents had low Emotional Intelligence.

Overall, it can be concluded that the majority of respondents have moderate levels of Emotional Intelligence. This means that most respondents are quite capable of recognizing, understanding, and managing emotions, but not yet fully optimally.

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B. Five Love Languages

Table 9. Descriptive Analysis of Five Love Languages

No.	Five Love Languages	N	Minimum	Maximum	Mean	Standard Deviation
1.	*Words of Affirmation*	68	24	40	35.59	3.46
2.	*Quality Time*	68	21	35	31.04	3.15
3.	*Act of Service*	68	12	25	19.76	2.86
4.	*Receiving Gift*	68	18	30	25.72	3.26
5.	*Physical Touch*	68	18	30	24.40	3.78

Based on the table above, it is known that the love language Words of Affirmation has the highest average score of 35.59, with a minimum score of 24 and a maximum score of 40, and a standard deviation of 3.46. This indicates that most respondents tend to express affection through words of affirmation such as praise, support, and verbal expressions.

The love language, Quality Time, had an average score of 31.04, with a minimum score of 21, a maximum score of 35, and a standard deviation of 3.15. This indicates that respondents also placed considerable emphasis on the importance of togetherness and quality time in relationships.

Love language Acts of Service has the lowest average of 19.76, with a minimum value of 12 and a maximum of 25 and a standard deviation of 2.86.This shows that forms of affection through direct actions or assistance are relatively less dominant among respondents.

The love language dimension, Receiving Gifts, had an average score of 25.72, with a minimum score of 18, a maximum score of 30, and a standard deviation of 3.26. This indicates that gift-giving is also a form of expression of affection, although not as strong as the previous dimension.

The Physical Touch dimension had an average score of 24.40, with a minimum score of 18, a maximum score of 30, and a standard deviation of 3.78. This indicates that physical touch is also used as an expression of affection, but it is not the most dominant.

It can be concluded that in general the respondents in this study tended to express and receive affection through*Word of Affirmation*or verbal communication, such as praise, support, and positive words, compared to other forms of love languages.

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Hypothesis Testing

This hypothesis test aims to determine whether there is a relationship between Emotional Intelligence as variable X and the Five Love Languages as variable Y. The hypothesis was created to test whether these two variables are interrelated, so that it can provide an overview of the extent to which respondents' ability to manage emotions is related to how they express affection. To test this hypothesis, the Product Moment correlation test was used. This test was chosen because the variables studied are in the form of interval data and are quantitative, so that Product Moment can be used to determine the extent of the linear relationship between the two variables. The results of this correlation test will indicate whether the relationship between Emotional Intelligence and the Five Love Languages is positive, negative, or there is no relationship at all.

Table 10. Results of the Emotional Intelligence Test with the Five Love Languages

No.	Variables	Pearson Correlation	Sig	Coefficient of Determination
1.	Word of Affirmation	.390	.001	.152
2.	*Quality Time*	.378	.001	.142
3.	*Act of Service*	.361	.002	.130
4.	*Receiving Gift*	.325	.007	.105
5.	*Physical Touch*	.347	.004	.120

Based on the research results, Word of Affirmation has a correlation value of 0.390 with a significance value of 0.001. This indicates a positive and significant relationship between Word of Affirmation and emotional intelligence. The coefficient of determination value of 0.152 means that Word of Affirmation has a 15.2% influence on emotional intelligence.

*Quality Time*has a correlation value of 0.378 with a significance level of 0.001. This indicates that quality time has a positive and significant relationship with emotional intelligence. The coefficient of determination is 0.142.shows that emotional intelligence is influenced by Quality Time by 14.2%.

*Act of Service*obtained a correlation value of 0.361 with a significance level of 0.002. This value indicates a positive and significant relationship between Act of Service and emotional intelligence. The coefficient of determination was 0.130.shows that the Act of Service has an influence on emotional intelligence of 13.0%.

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*Receiving Gift*has a correlation value of 0.325 with a significance level of 0.007. This indicates a positive and significant relationship with emotional intelligence. The coefficient of determination is 0.105. Receiving Gift has a 10.5% effect on emotional intelligence.

*Physical Touch*obtained a correlation value of 0.347 with a significance level of 0.004. This value indicates a positive and significant relationship between Physical Touch and emotional intelligence. The coefficient of determination of 0.120 indicates that Physical Touch has a 12.0% effect on emotional intelligence.

DISCUSSION

Emotional Intelligence in Young Adults Who Are Dating

The results of the study showed that most young adults who were dating in the Tondano region had a moderate level of emotional intelligence, as many as 48 people (70.6%), high as many as 11 people (16.2%), and low as many as 9 (13.2%). This shows that, in general, young adults who were dating had sufficient abilities in recognizing, understanding, and managing emotions, but not yet fully optimal.

According to Goleman (1996) in Chapter II, emotional intelligence includes five main aspects, namely self-awareness (*self-awareness*), emotional management (self-regulation), motivation, empathy, and relationship building skills. In the context of a dating relationship, these skills are crucial for maintaining relationship stability and avoiding prolonged conflict.

The moderate category for most respondents indicates that individuals are able to control their emotions in certain situations, but there is still a possibility of experiencing difficulties in more complex emotional conditions, such as conflict or differences of opinion with their partner.

Furthermore, early adulthood also influences these results. At this stage, individuals are still in the process of emotional and social adjustment, as explained in Chapter II. Early adulthood is a challenging period, including in interpersonal relationships. Therefore, a moderate level of emotional intelligence is normal.

Five Love Languages in Young Adults Who Are Dating

The research results show that young adult individuals who are dating in the Tondano region have different tendencies in using each form.*love language*.It was found that the Words of Affirmation love language had the highest average score compared to other love languages, namely 35.59. This indicates that most young adults in relationships are more likely to express and feel affection through words of praise, support, and verbal expressions.

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This finding is in line with the theory put forward by Chapman (2004) in Chapter II, which states that each individual has a tendency towards a primary love language (*primary love language*) is the most dominant in him. In this study, it was found that early adult individuals who are dating in the Tondano Region have a tendency to use Words of Affirmation as their primary love language, where early adult individuals will feel more loved when they receive positive verbal expressions from their partners. Then based on the data categorization, the majority of respondents have a moderate category in using the Word of Affirmation love language, namely 44 people (61.8%). In other words, communication through words is the most common method used in dating relationships in early adults in this study.

In addition, the language of love*Quality Time*also has a fairly high average value of 31.04 and is in the moderate category in expressing affection in a relationship, namely as many as 47 people. This shows that togetherness and full attention from partners are important aspects in dating relationships in early adulthood. In accordance with the characteristics of dating explained in Chapter II, dating relationships are characterized by interaction
Intense communication and emotional closeness, making quality time a crucial need in maintaining a relationship. However, when compared to words of affirmation, the use of this love language is still lower, so it can be said that spending time together is important, but not the primary way of expressing affection in this study.

In this aspect*receiving gift*, it was found that the number of respondents in the high category was quite large, as many as 17 people (25%), indicating that some individuals highly value giving gifts as a form of affection. However, the average score for this aspect (25.72) was not as high as words of affirmation or quality time. This means that this love language is more specific, meaning it is very important to some people, but not used equally by all respondents.

Meanwhile, the love language of physical touch had an average score of 24.40, with 42 people (61.8%) categorizing it as moderate, with the highest standard deviation (3.78). This indicates significant differences among respondents in their use of physical touch as a form of affection. Some individuals feel comfortable and frequently use physical touch, while others tend to use it less frequently. Therefore, this aspect cannot be considered a dominant form in general.

Meanwhile, the dimensions*Acts of Service*had the lowest average score of 19.76, with the majority of respondents in the moderate category, at 4 people (72.1%). This indicates that respondents in this study tended to express less affection through direct service actions.

The difference in dominance between these dimensions shows that the form of expression of love in each individual is unique, as explained in the theory.*love languages*. When

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linked to the early adult development stage, individuals in this phase are at the stage of building intimate personal relationships (Hurlock).

Overall, the results of this study indicate that young adult individuals who are dating in the Tondano Region are more likely to use*words of affirmation*as the primary form of expressing affection. This is because, in addition to having the highest average score, the use of this love language is also relatively evenly distributed among respondents. Meanwhile, love languages like receiving gifts and physical touch show greater variation, meaning they are dominant among only a small proportion of individuals.

The Relationship between Emotional Intelligence and the Five Love Languages in Young Adults Who Are Dating

Based on the results of the research that has been carried out, it is known that all aspects*Five Love Languages*have a positive and significant relationship with Emotional Intelligence. This can be seen from the significance value of each variable, which is below 0.05, indicating a meaningful relationship between each dimension of the Five Love Languages and Emotional Intelligence.

Aspect*Word of Affirmation*obtained a correlation value of 0.390 with a significance level of 0.001. This value indicates a positive and significant relationship between Word of Affirmation and emotional intelligence. This means that the higher the form of appreciation, support, and positive expressions an individual receives, the better their ability to understand and manage their emotions. Furthermore, the coefficient of determination value of 0.152 indicates that Word of Affirmation has a 15.2% influence on emotional intelligence, while the remainder is influenced by other factors outside the study. Compared to other dimensions, Word of Affirmation is the dimension that has the greatest influence on emotional intelligence.

Next, the aspect*Quality Time*has a correlation value of 0.378 with a significance value of 0.001. This indicates that Quality Time has a positive and significant relationship with emotional intelligence. Individuals who receive attention through quality time tend to have better emotional closeness, thus being able to build healthier interpersonal relationships. The coefficient of determination value of 0.142 indicates that Quality Time has a 14.2% influence on emotional intelligence.

In this aspect*Act of Service*, a correlation value of 0.361 was obtained with a significance level of 0.002. These results indicate a positive and significant relationship between Acts of Service and emotional intelligence. Showing attention through concrete actions or assistance can make individuals feel appreciated and cared for, thus helping to develop their emotional

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abilities. The coefficient of determination value of 0.130 indicates that Acts of Service have a 13.0% influence on emotional intelligence.

Meanwhile, the Receiving Gift aspect obtained a correlation value of 0.325 with a significance level of 0.007. This indicates a positive and significant relationship between Receiving Gifts and emotional intelligence. Giving gifts can be a symbol of attention and affection that can provide a sense of appreciation to an individual. The coefficient of determination value of 0.105 indicates that Receiving Gifts has a 10.5% influence on emotional intelligence. Although it has the lowest influence compared to other dimensions, this variable still contributes to emotional intelligence.

Then, the aspect*Physical Touch*has a correlation value of 0.347 with a significance level of 0.004. These results indicate a positive and significant relationship between physical touch and emotional intelligence. Physical touch, such as hugging, holding hands, or other forms of physical contact, can provide a sense of security, comfort, and emotional closeness for individuals. The coefficient of determination value of 0.120 indicates that physical touch has a 12.0% influence on emotional intelligence.

In this study, this relationship can be explained through Goleman's (1996) theory, which states that emotional intelligence encompasses the ability to recognize one's own emotions, manage them, and understand the emotions of others (empathy). This empathetic ability relates to how individuals understand their partner's needs, including how they receive affection.

Furthermore, according to Chapman (2004), each individual has a different primary love language. Therefore, it is important for individuals to understand their partner's love language for a successful relationship. In this study, emotional intelligence relates to an individual's ability to recognize and adapt how to express affection.

The results of this study are also supported by research by Kojongian, Hartati, and Kaunang (2023) which found a relationship between aspects of love and*love languages*This shows that the emotional aspect of a relationship is indeed related to how individuals express affection.

However, the correlation value obtained is in the low to moderate category. This indicates that the relationship between the two variables is not very strong. This means that besides emotional intelligence, there may be other factors that are also related.*love languages*.

Thus, it can be concluded that emotional intelligence has a significant relationship with the Five Love Languages in young adults who are dating, although the relationship is not very strong.

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CONCLUSION

Based on the research results, it can be concluded that young adults who are dating in the Tondano region generally have a moderate level of emotional intelligence. This condition indicates that most respondents are quite capable of recognizing, understanding, and managing their own and others' emotions in romantic relationships. This study also found that words of affirmation are the most dominant form of the five love languages compared to other dimensions. Furthermore, all dimensions of the five love languages have a positive and significant relationship with emotional intelligence, meaning that the better an individual's emotional intelligence, the better their ability to understand and express affection to their partner. These findings demonstrate that emotional intelligence plays a crucial role in building healthy communication, improving emotional understanding of partners, and helping reduce conflict in dating relationships in young adults.

This study still has limitations, including the limited number of respondents and the research scope, which was only conducted in the Tondano region, so the results cannot be generalized widely. Furthermore, the use of a cross-sectional method means the study only describes the conditions of respondents at a specific point in time. Therefore, further research is recommended involving a larger sample and a wider research area to obtain more representative results. Future researchers can also add other variables such as interpersonal communication, relationship satisfaction, attachment, or conflict management to expand the study of romantic relationships in early adulthood. Practically, this study is expected to help early adults understand the importance of emotional intelligence and understanding love languages in creating more harmonious, healthy, and mutually supportive relationships.

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