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Romantic Relationship Satisfaction In*long Distance Relationship*: Social Support And Quality Communication On*emerging Adulthood*

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Abstract

*Emerging adulthood*is a developmental phase characterized by identity exploration and the formation of meaningful romantic relationships. This study aims to determine the effect of social support and communication quality on romantic relationship satisfaction in adolescents.*emerging adulthood*who are in long-distance relationships in Karawang. This study used a quantitative approach with a descriptive associative design. The study participants were 261 individuals aged 18–29 who were in long-distance relationships.*Long Distance Relationship*(LDR). Participants were selected using the technique*convenience sampling*Data collection was done using*Relationship Assessment Scale* (RAS), *Multidimensional Scale of Perceived Social Support*(MSPSS), and*The Communication Patterns Questionnaire-Short Form*(CPQ-SF). Data were analyzed using descriptive and inferential statistics. The results showed that social support and communication quality simultaneously influenced romantic relationship satisfaction with a contribution of 29.7%. Partially, social support and communication quality also had a positive and significant influence on romantic relationship satisfaction. The results of this study imply that social support and effective communication play an important role in maintaining romantic relationship satisfaction in*emerging adulthood*who are in a long distance relationship.

Keywords: social support; communication quality; romantic relationship satisfaction;*emerging adulthood; Long Distance Relationship* (LDR).

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INTRODUCTION

Early adulthood is a period of transition, both physically (*physically trantition*), intellectual (*cognitive trantition*), and social roles (*social role trantition*) (Santrock in Fatihah, 2024). This early adulthood period is divided into 2 parts, namely*emerging adulthood*from 18 to 25 years old, and young adults from 26 to 40 years old (Karomah in Fatihah, 2024). In this study, the researcher discussed the period of*Emerging adulthood* from the age of 18 to 29 years. According to Arnett (in Zuhroh & Kurniawati, 2026)*emerging adulthood*is the period between the end of adolescence and the beginning of adulthood. Young adulthood is the transition from adolescence to adulthood, marked by the search for identity, career development, and the formation of closer interpersonal relationships (Santrock in Mutiara et al., 2023). In this stage of psychosocial development, individuals entering early adulthood are required to build relationships and commit to each other or face feelings of isolation and self-absorption. If someone fails to develop intimate relationships in early adulthood, this will lead to isolation, defined as the inability to develop meaningful relationships with others (Erikson in Widihapsari et al., 2020).

Dynamics of life*modern*such as demands for education, work, and geographic mobility cause many individuals to be in a phase*emerging adulthood* having a long distance relationship or*Long-Distance Relationship* (LDR). This situation presents its own challenges due to limited face-to-face interaction and high reliance on media-based communication (Musfika & Yuniar, 2022). Long-distance relationships are vulnerable to*miscommunication,*Conflict, as well as emotional uncertainty, can affect the quality of romantic relationships. In the context of romantic relationships, relationship satisfaction is a key indicator in assessing the quality of interpersonal relationships. According to Hutajulu (2026), in close relationships, emotional closeness is usually strengthened through face-to-face interactions, expressions of affection, and*nonverbal,*and the physical presence of the partner. However, in a long-distance relationship, various forms of communication*nonverbal*This becomes limited, resulting in couples becoming more reliant on digital communication. This situation requires couples to be able to build effective and meaningful communication to maintain a healthy relationship. The inability to express emotions directly often impacts the quality of a couple's emotional closeness. Hendrick (in Mutiara et al., 2023) defines relationship satisfaction as an individual's subjective evaluation of their romantic relationship, reflecting their overall emotional experience. In this study, romantic relationship satisfaction is understood through three main aspects:*love*, *problems*, And *expectations*These three aspects reflect how individuals evaluate the overall quality of a relationship (Mutiara et al., 2023). Meanwhile, Rusbult et al. (1998) explain that relationship satisfaction is related to the extent to

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which individuals perceive the benefits of the relationship compared to expectations and available alternatives. Relationship satisfaction is not only an indicator of relationship quality but also plays a role in determining commitment and the sustainability of a romantic relationship.

Based on pre-research through interviews with five individuals*emerging adulthood*A study conducted in Karawang on December 26, 2025, found that couples in long-distance relationships often experience decreased satisfaction with their romantic relationships. This is characterized by feelings of dissatisfaction with the attention received, dissatisfaction with the intensity of communication, and feelings of being underappreciated in the relationship. Furthermore, slow responses, lack of openness, and difficulty expressing feelings clearly also affect individuals' levels of satisfaction with their romantic relationships. In LDRs, limited face-to-face interaction significantly impacts relationship satisfaction, leading to poor communication. When communication fails, couples are more susceptible to dissatisfaction, neglect, jealousy, and a lack of emotional support from their partners. Meanwhile, interviews with couples from different countries regarding aspects of romantic relationship satisfaction indicate that time differences are also a source of decreased satisfaction with their romantic relationships, although this can be minimized if communication is effective.

In romantic relationships, particularly in the context of long-distance relationships (LDRs), relationship satisfaction is influenced by various interpersonal factors, including social support and communication quality. Social support refers to an individual's perception of receiving attention, appreciation, and assistance from significant others such as family, friends, and partners (Zimet et al., 1988). Social support serves as a source of psychological reinforcement that helps individuals cope with stress and increases positive evaluations of their relationships. Previous research has shown that individuals who perceive high levels of social support tend to have greater relationship satisfaction and more adaptive conflict resolution skills. Social support has a significant positive influence on romantic relationship satisfaction in early adulthood. Emotional support, validation, and practical assistance from a partner can strengthen feelings of security, reduce stress levels, and improve the quality of interactions within the relationship (Supraba et al., 2023).

In addition to social support, the quality of communication is also an important factor in maintaining the sustainability of romantic relationships, especially in long-distance relationships. According to Futris et al., (2010), partner communication is explained as an individual's subjective perception of interaction patterns with their partner, reflected in certain behavioral tendencies when facing problems and discussing them with their partner. Meanwhile, Watzlawick et al., (1940) emphasized that communication not only conveys the content of messages but also shapes

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the meaning of relationships. DeVito (2008) added that communication quality is characterized by openness, empathy, supportiveness, positivity, and equality. From a romantic perspective,*intimacy process model*, intimacy is formed through the process*self-disclosure* and a partner's response perceived as understanding and caring (Laurenceau et al., 2004). Therefore, effective communication allows couples to build emotional closeness despite physical separation, while poor communication can increase the risk of conflict and decrease relationship satisfaction. Research by Chrisnatalia et al., (2014) shows that communication quality is a key predictor of romantic relationship satisfaction. Relationships with good communication are characterized by openness, the ability to resolve conflict constructively, and emotional validation, which can strengthen feelings of security and trust in the relationship.

Karawang Regency, as one of the centers of national industrial growth, has developed into an urban area with a high migration attraction, especially for the productive age population. This massive urbanization phenomenon is driven by strong labor absorption in Karawang's industrial sector, as confirmed by data from the Karawang Regency Central Statistics Agency (2025) regarding the Labor Force Participation Rate (TPAK), which was 86.17% for men and 41.36% for women. The high flow of migrants to meet the needs of employment in the industrial area has significant relational consequences. Many individuals must be geographically separated from their partners who live outside the area, resulting in long-distance relationships or*Long-Distance Relationship* (LDR). Karawang's characteristics as an industrial city with a busy work schedule also create unique challenges in the couple's interaction patterns.

Various studies have addressed the relationship between social support, communication quality, and romantic relationship satisfaction, studies that specifically examine the influence of both variables simultaneously on*emerging adulthood*Those in long-distance relationships in Karawang are still limited. In fact,*fase emerging adulthood*characterized by developmental demands to build relational intimacy amidst instability in educational, career, and mobility aspects, which also increases the likelihood of long-distance relationships. Pre-research findings also indicate a vulnerability to conflict and a decline in relationship quality due to ineffective communication. Therefore, this study is novel in examining the influence of social support and communication quality, both partially and simultaneously, on romantic relationship satisfaction in individuals.*emerging adulthood*who are in a long-distance relationship in Karawang.

Based on this description, this study aims to analyze the influence of social support and communication quality on romantic relationship satisfaction in*emerging adulthood* who are in a long distance relationship (*long-distance relationship*) in Karawang, both partially and

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simultaneously.

METHOD

This study employed a quantitative approach with a predictive associative research design. According to Sugiyono (2023), quantitative methods are research methods whose data is in the form of numbers and analyzed using statistics. A predictive associative design is used to determine the relationships and influences between research variables. In this study, there are two independent variables: social support and communication quality, and one dependent variable: romantic relationship satisfaction.

The population in this study is individuals*emerging adulthood* who are in a long distance relationship (*long-distance relationship*/LDR) in Karawang. The sampling technique used*convenience sampling*. According to Etikan (2016)*convenience sampling* is a technique*non-probability sampling* which involves participants based on ease of access, availability, and individual willingness to participate in the research. The characteristics of the participants in this research are: (1) women or men aged 18–29 years, (2) currently in a long-distance relationship (LDR), (3) in a long-distance relationship for at least 3 months, and (4) domiciled in Karawang.

Number of individual population*emerging adulthood* The exact number of people in long-distance relationships in Karawang is unknown, so the sample size was determined using Cohen's formula (Cohen, 1988). Based on the calculation using this formula, the minimum sample size required was 204 respondents. The total number of participants obtained in this study was 261 respondents.

Data collection was carried out using a psychological scale with a model*Liked*which is spread through*Online*. The social support variable is measured using*Multidimensional Scale of Perceived Social Support* (MSPSS) developed by Zimet et al., (1988) and adapted by Sulistiani and Kristiana (2022). The MSPSS consists of 12 items covering 3 dimensions.*family support*, *friends support*, And *significant other support*This scale uses seven response alternatives, ranging from 1 = strongly disagree to 7 = strongly agree. Based on the trial results, this measuring instrument has good reliability, with a Cronbach's Alpha value of 0.850 and item validity values ranging from 0.560–0.770.

The communication quality variable is measured using*The Communication Patterns Questionnaire- Short Form* (CPQ-SF) developed by Futris et al., (2010) CPQ-SF consists of 11 items covering aspects*criticize/defend*, *discuss/avoid*, And *positive interaction patterns*This scale uses nine response alternatives, ranging from 1 = very unlikely to 9 = very likely. Trial results indicate

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that this measuring instrument has excellent reliability, with a Cronbach's Alpha value of 0.957 and item validity ranging from 0.671 to 0.924.

The romantic relationship satisfaction variable was measured using*Relationship Assessment Scale* (RAS) developed by Hendrick (1988) The RAS consists of seven unidimensional items. This scale uses five response alternatives, namely 1 = very dissatisfied to 5 = very satisfied. Based on the trial results, this measuring instrument has a Cronbach's Alpha value of 0.836 with item validity ranging from 0.514–0.745.

Instrument validity testing was carried out using content validity through*expert judgement* with Aiken's V formula. Next, item analysis was carried out using*corrected item-total correlation* with a coefficient criterion of ≥ 0.30. The reliability test was conducted using the Cronbach's Alpha coefficient with the help of the program*Statistical Product and Service Solutions* (SPSS) version 25.0.

The data analysis technique in this study used multiple linear regression analysis to determine the effect of social support and communication quality on romantic relationship satisfaction in individuals.*emerging adulthood* who are in long-distance relationships in Karawang. Before conducting the hypothesis testing, the data were first examined using normality and linearity tests. All data processing and analysis were performed using SPSS version 25.0.

RESULTS

The number of participants involved in this study was 261 people.*emerging adulthood* Respondents aged 18-29 years old, in a long-distance romantic relationship for at least 3 months, and residing in Karawang. Respondent demographic data is presented in the following table.

Table 1. Demographics by Gender, Age and Length of Relationship

Demographic Characteristics	Categorization	Frequency	Percentage (%)
Gender	Man	108	41.4%
	Woman	153	58.6%
Total		261	100%
Age	18-23	191	73.3%
	24-29	70	26,8%
Total		261	100%

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Relationship Length	3 months	61	23.4%
	3-6 months	94	36%
	>6 months	106	40.6%
Total		261	100%

Based on Table 1, the majority of respondents in this study were female (58.6%), indicating that female participation in completing research on long-distance romantic relationships in Karawang is higher, so this data depiction is more representative of women's experiences. In terms of age, the majority of respondents were in the 18–23 year range (73.3%). Respondent characteristics based on age in this study were divided into two main groups, namely 18–23 years old and 24–29 years old. This age range division refers to research conducted by Utter et al. (2018) where the 18–23 year age range was specifically classified as a youth group in the developmental phase.*emerging adulthood*(developing adulthood). This phase has different social and developmental characteristics than the age group above it (24–29 years), which generally has begun to settle down in terms of financial independence and relationship commitment. This shows that the respondents' characteristics meet the criteria for this phase.*emerging adulthood* (18–29 years old) who are actively exploring interpersonal relationships and forming intimate relationships. Meanwhile, in terms of relationship length, the majority of respondents have been in a long-distance relationship for more than 6 months (40.6%). This indicates that most participants have relatively mature long-distance relationship experience and have gone through a long process of adapting to communication and the dynamics of a long-distance relationship.

Table 2. Results of the Kolmogorov Smirnov Normality Test

Asymp.Sig (2-tailed)	a	Interpretation
	0.200	Normally Distributed

Based on Table 2, the results of the normality test using the Kolmogorov-Smirnov method, the Asymp. Sig (2-tailed) value was 0.200. This value is greater than the significance level (α) of 0.05, so it can be concluded that the research data is normally distributed and has met the requirements so that parametric statistical analysis can be carried out. The next stage, the linearity test was carried out as described in Table 3.

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Table 3. Linearity Test Results

Variables	P	a	Interpretation
Social support for romantic relationship satisfaction	0.144	0.05	Linear
Communication Quality or Romantic Relationship Satisfaction	0.457	0.05	Linear

Based on Table 3, the results of the linearity test indicate that the relationship between the social support variable and romantic relationship satisfaction obtained a significance value (p) of 0.144. In addition, the relationship between the communication quality variable and romantic relationship satisfaction obtained a significance value (p) of 0.457. Both significance values are greater than the significance level (α) of 0.05, so it can be concluded that the relationship between each independent variable and the dependent variable is linear. Thus, the linearity assumption in the regression analysis has been met, so the regression analysis can be continued to the next stage.

Table 4. Simultaneous Multiple Regression Analysis Test

Model	Sum of squares	df	Mean Square	F	Say.
Regression	7452,666	2	3726,333	56,573	,000

Based on Table 4, the results of the simultaneous multiple regression analysis test show an F value of 56.573 with a significance value of 0.000 (<0.05). These results indicate that the variables of social support and communication quality together have a significant effect on romantic relationship satisfaction in*emerging adulthood*who are in a long-distance relationship in Karawang. Thus, the alternative hypothesis (Ha) is accepted and the null hypothesis (H0) is rejected.

Table 5. Partial Multiple Regression Analysis Test

Model	Unstandardized Coefficients B	Std. Error	Standardized Coefficients Beta	t	Say.
(Constant)	33,517	3,516		9,532	,000

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Social support for romantic relationship satisfaction	,156	,035	,293	4,432	,000
Communication Quality on Romantic Relationship Satisfaction	,810	,168	,318	4,811	,000

Based on Table 5, the results of the partial multiple regression analysis test show that the social support variable has a regression coefficient (B) value of 0.156 with a t-value of 4.432 and a significance of 0.000 ($p < 0.05$). The beta coefficient value of 0.293 indicates a positive relationship direction, which means that the higher the social support, the higher the satisfaction of the romantic relationship. In addition, the communication quality variable has a regression coefficient (B) value of 0.810 with a t-value of 4.811 and a significance of 0.000 ($p < 0.05$). The beta coefficient value of 0.318 indicates a positive relationship direction, which means that the better the quality of communication, the higher the satisfaction of the romantic relationship. Based on the results of the multiple linear regression analysis, the relationship between the research variables can be formulated into the following regression equation:

$$Y= 13,945 + 0,156(X1) + 0,810(X2)$$

Based on these results, it can be concluded that social support and communication quality each have a positive and significant influence on romantic relationship satisfaction.*emerging adulthood*who are in a long-distance relationship in Karawang. Thus, the alternative hypothesis (Ha) is accepted and the null hypothesis (H0) is rejected.

Table 6. Simultaneous Determination Coefficient Test

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,550	,302	,297	8,11589

Based on Table 6, the results of the simultaneous determination coefficient test show an R

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Square value of 0.302 and*Adjusted R Square*of 0.297. These results indicate that the variables of social support and communication quality together are able to contribute an influence of 29.7% on satisfaction with romantic relationships in*emerging adulthood*who are in long-distance relationships in Karawang. Meanwhile, the remaining 70.3% is influenced by other variables outside this study that were not examined. Furthermore, the R value of 0.550 indicates a moderate relationship between social support and communication quality and romantic relationship satisfaction. Therefore, it can be concluded that social support and communication quality contribute significantly to romantic relationship satisfaction.

Table 7. Partial Determination Test

Model	Unstandardized B	Coefficients Std. Error	Standardized Coefficients Beta	t	Say.	Zero-order
(Constant)	13,314	1,199		11,108	,000	
X1	,095	,021	,244	4,544	,000	,491
X2	,0104	,011	,505	9,413	,000	,625

Based on Table 7, the results of the partial determination test show the magnitude of the net contribution of each independent variable to romantic relationship satisfaction. The test is carried out by multiplying the value*Standardized Coefficients Beta*with correlation*Zero-order*to see the effective contribution independently. The results of the data analysis show that variable X1 has a beta coefficient value of 0.244 and a zero-order correlation of 0.491, which means that variable X1 partially contributes 11.98% to romantic relationship satisfaction. Meanwhile, variable X2 has a value of*beta coefficient*of 0.505 and a zero-order correlation of 0.625, indicating that variable X2 provides a partial contribution of 31.56%. By comparing these contribution values, it can be concluded that variable X2 is the most dominant factor in predicting romantic relationship satisfaction in*emerging adulthood*who undergo*Long Distance Relationship*(LDR) in Karawang. Cumulatively, the total coefficient of determination (R^2) of the two variables in this model is 43.54%, while the remaining 56.46% is explained by other factors outside the research model. The t-significance value for both variables also shows 0.000 ($p < 0.05$), which confirms that both X1 and X2 partially have a statistically significant influence on romantic relationship satisfaction.

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Table 8. Social Support Categorization Test

		Frequency	percent	Valid percent	Cumulative percent
Valid	Low	1	0,4	0,4	0,4
	Currently	65	24,9	24,9	25,3
	High	195	74,7	74,7	100,0
	Total	261	100,0	100,0	

A categorization test was conducted to provide an overview of the levels of social support, communication quality, and romantic relationship satisfaction in low, medium, and high categories. This categorization refers to an empirical distribution approach based on the mean and standard deviation according to Azwar (2012), which is commonly used in measuring psychological scales. With this approach, respondents' scores are grouped for easier descriptive interpretation.

Based on the data in Table 8, the results of the categorization test indicate that the majority of respondents have a high level of social support, namely 195 respondents (74.7%). Furthermore, there are 65 respondents (24.9%) who are in the medium category, and only 1 respondent (0.4%) who shows a low level of social support. Thus, it can be concluded that the majority of respondents have a high level of social support.*emerging adulthood*Those in long-distance relationships in Karawang in this study perceived the social support they received to be at a very good or high level.

Table 9. Communication Quality Categorization Test

		Frequency	percent	Valid percent	Cumulative percent
Valid	Low	11	4,2	4,2	4,2
	Currently	140	53,6	53,6	57,9
	High	110	42,1	42,1	100,0
	Total	261	100,0	100,0	

Based on Table 9, the results of the categorization of communication quality variables indicate that the majority of respondents are in the moderate category, namely 140 respondents (53.6%). The results of this study are supported by the research of Rachelia & Dariyo (2025) which stated that communication in couples in long-distance relationships (LDR) is at a fairly good or

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moderate level. This condition is characterized by openness and sufficient frequency of communication, but not yet fully consistent and optimal due to the limitations of physical distance between partners. Meanwhile, respondents who have communication quality in the high category are 110 people (42.1%), and the remaining 11 respondents (4.2%) are in the low category. This indicates that the quality of communication established by the majority of participants in this long-distance relationship is quite effective and balanced, although there is still room for optimization to a higher level.

Table 10. Romantic Relationship Satisfaction Categorization Test

		Frequency	percent	Valid percent	Cumulative percent
Valid	Low	2	0,8	0,8	0,8
	Currently	101	38,7	38,7	39,5
	High	158	60,5	60,5	100,0
	Total	261	100,0	100,0	

Based on Table 10, the results of the categorization test for the romantic relationship satisfaction variable indicate that the majority of respondents, 158 people (60.5%), were in the high category. Furthermore, 101 respondents (38.7%) were in the moderate category of romantic relationship satisfaction, and only a small proportion, 2 respondents (0.8%) were in the low category. With a total of 261 respondents, this data indicates that the majority of*emerging adulthood*Those in long-distance relationships (LDR) in Karawang perceive their romantic relationships as satisfying and at a good level.

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Table 11. Assumption Test Table

		F	Say.	t	df	Sig. (2-tailed)
AND	Equal Variances assumed	4,487	,035	-,608	259	,543
	Equal Variances not assumed			-,626	252,613	,532

The results of the Independent Samples T-Test showed a t value of -0.626 with Sig. (2-tailed) = 0.532 (p > 0.05), which means there is no significant difference in romantic relationship satisfaction between men and women.*emerging adulthood*LDR actors in Karawang. This is supported by descriptive data in Table 12, where the average value (*mean*) the male group (N = 109) was 26.0550 and the female group (N = 152) was 26.3421. This very small average difference (0.2871) confirms that the level of satisfaction with romantic relationships between the two gender groups is relatively equal.

Table 12. Difference Test Table

	JK	N	Mean	Std. Deviation	Std. Error Mean
AND	Man	109	26,0550	3,36880	,32267
	Woman	152	26,3421	4,01505	,32566

Based on Table 12, the descriptive data shows that the average (mean) relationship satisfaction value for men was 26.0550 (N = 109) and for women it was 26.3421 (N = 152). This very small difference in averages indicates that descriptively, the level of romantic relationship satisfaction between the two gender groups is relatively equal.

DISCUSSION

The results of the study show that social support has a positive and significant effect on satisfaction with romantic relationships.*emerging adulthood*who are in a Long Distance Relationship (LDR) in Karawang (Table 5), with a partial contribution of 11.98% (Table 7). This finding means that the higher the social support an individual perceives from family, friends, and partners, the higher the satisfaction they feel in their long-distance romantic relationship. Social

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support refers to an individual's perception of receiving attention, appreciation, and assistance from significant others in their life (Zimet et al., 1988), and serves as a source of psychological reinforcement that helps individuals cope with the emotional stress caused by limited face-to-face interactions in LDRs. When individuals feel cared for, appreciated, and able to rely on the help of those closest to them, the resulting sense of emotional security makes them better prepared to face the challenges of physical distance with their partner, thus increasing positive evaluations of the relationship. Consistent emotional support, validation, and practical assistance from partners and the social environment can strengthen feelings of security, reduce stress levels, and improve the quality of interactions in long-distance relationships (Supraba et al., 2023).

This finding aligns with a number of previous studies on the role of social support in romantic relationships. Katara and Kumar (2025), in their study of 109 young adult couples, found that perceived social support was positively correlated with relationship satisfaction and was the strongest predictor compared to other psychological variables studied, including gratitude and forgiveness. Individuals who feel consistently supported by their partners have a foundation of emotional security that allows for openness, trust, and resilience in the face of relationship stress. This view is theoretically reinforced by Algoe (2012) through his theory*find-remind-and-bind,*which explains that sensitivity to the partner's attentive response (*perceived responsiveness*) serves to bind individuals closer to partners who are considered qualified, thereby strengthening emotional bonds in existing relationships, including long-distance relationships. Furthermore, a daily study conducted by Algoe et al. (2010) on couples who live together showed that gratitude arising from a partner's caring actions on one day can increase feelings of connectedness and relationship satisfaction, for both the recipient and the giver of care, on the following day, thus being described as*booster shot*for a sustainable relationship. These three studies strengthen the argument that perceived support and responsiveness from significant others, including partners, are important determinants of romantic relationship satisfaction, even in situations of physical limitations, such as those experienced by long-distance couples in Karawang. However, social support will not be optimally conveyed without good communication between partners, so the quality of communication is also a crucial factor in increasing romantic relationship satisfaction.

Apart from social support, the research results also show that the quality of communication has a positive and significant effect on satisfaction with romantic relationships.*emerging adulthood*who are in a long-distance relationship (LDR) in Karawang (Table 5), with a partial contribution even greater than social support, namely 31.56% (Table 7). This means that the better the quality of communication between partners, the higher the perceived satisfaction of the

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romantic relationship. In long-distance relationships, communication is the primary means for couples to maintain emotional closeness, given that limited physical presence makes nonverbal expressions and direct touch unreliable. Couple communication is an individual's subjective perception of interaction patterns, reflected through certain behavioral tendencies when facing and discussing problems with their partner (Futris et al., 2010), and serves not only to convey the content of messages but also to shape the meaning of the relationship between partners (Watzlawick et al., 1940). From a perspective*intimacy process model*, intimacy is formed through the process*self-disclosure*and the partner's response is perceived as a form of understanding and concern (Laurenceau et al., 2004), so that communication characterized by openness, empathy, supportive attitudes, and equality (DeVito, 2008) allows LDR couples to build emotional closeness even though they are physically separated.

The results of this study align with those of Chrisnatalia et al. (2014), who demonstrated that communication quality is a key predictor of romantic relationship satisfaction in young adult women in long-distance relationships; couples who communicate openly, understand each other, and resolve conflicts constructively tend to have higher relationship satisfaction than couples who experience communication barriers. Similarly, Carlson et al. (2020) found that communication quality between partners plays a significant role in explaining relationship satisfaction, as good communication helps couples negotiate the division of roles and responsibilities without creating prolonged tension. A similar finding was also found by Fatimah et al. (2025) among university students in long-distance relationships, who reported that the better the communication quality between partners, the better the relationship quality perceived by both parties. This explanation is theoretically supported by Laurenceau et al. (2004), who assert that intimacy in relationships is formed through self-disclosure and partner responses that demonstrate understanding and concern, and by DeVito (2008), who states that quality communication is characterized by openness, empathy, support, and positivity. Thus, effective communication has consistently been shown to be a key factor in helping LDR couples maintain emotional closeness and increase romantic relationship satisfaction.

Simultaneously, the results of this study indicate that social support and communication quality together play a role in increasing romantic relationship satisfaction, contributing 29.7% (Table 6). This means that relationship satisfaction is influenced not only by interactions between partners but also by the support from the social environment that accompanies individuals during long-distance relationships. More specifically, communication quality plays a more dominant role than social support in predicting romantic relationship satisfaction (Table 7), indicating that in the

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context of long-distance relationships, the way partners communicate is a major determinant of relationship quality. Open, responsive, and empathetic communication helps reduce misunderstandings and fosters emotional closeness despite distance, while social support plays a role in strengthening the emotional foundation that underpins this communication process. Furthermore, no differences in romantic relationship satisfaction were found based on gender (Tables 11 and 12), indicating that both men and women have relatively similar levels of satisfaction in long-distance relationships, and that emotional experiences in long-distance relationships are more influenced by the quality of interactions and support received than by gender. Overall, the results of this study confirm that social support and communication quality are two complementary interpersonal factors in maintaining romantic relationship satisfaction in individuals.*emerging adulthood*who are in a long-distance relationship in Karawang, although there are still other factors outside this research that also influence the satisfaction of the relationship.

CONCLUSION

Based on the research results, it can be concluded that social support and communication quality have an influence on satisfaction with romantic relationships.*emerging adulthood*who are in long-distance relationships (LDR) in Karawang. The better the social support an individual receives, the higher their romantic relationship satisfaction. Furthermore, the better the quality of communication between partners, the higher the perceived romantic relationship satisfaction. Overall, both variables play an important role in increasing romantic relationship satisfaction, although other factors beyond the study may also influence this satisfaction.

SUGGESTION

Practically speaking, couples in long-distance relationships (LDRs) are advised to improve their communication by relying not only on text messages but also on regular voice or video calls to better capture emotional expressions and minimize miscommunication. Furthermore, couples are encouraged to build more meaningful interactions through virtual activities together, such as watching movies or eating together online, and to maintain emotional support through appreciation, positive responses, and mutual listening.

For further research, it is recommended to develop other variables that have not yet been studied, such as trust, commitment, emotional regulation, attachment style, and intensity of digital communication media use, as they have the potential to influence romantic relationship

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satisfaction. Furthermore, research should use a larger sample size with more representative sampling techniques to ensure more generalizable results.

From a demographic perspective, further research can categorize relationship durations in more detail, for example, 1 year, 2 years, 3 years, or more than 3 years, to examine differences in relationship satisfaction dynamics at each stage of relationship duration. Furthermore, future researchers are also advised to map the geographic reach of couples in a more structured manner based on distance classification, such as differentiating between long-distance relationships (LDR) between cities, between provinces, and even between countries to see the extent to which spatial constraints influence the quality of their interactions. In line with this, the characteristics of respondents' relationship status also need to be classified specifically, for example by distinguishing between unmarried (dating) and married groups, considering that differences in commitment and legality of the relationship can give rise to different psychological dynamics in maintaining satisfaction with long-distance relationships.

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