

THE ESSENCE OF SOCIAL SUPPORT, PSYCHOLOGICAL WELL - BEING, AND SELF - LOVE: A KEY TO LONG - TERM MARRIAGE

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ABSTRACT

This study aims to examine the effect of social support, psychological well-being, and self-love on long-term marriage sustainability. A multiple regression analysis was used to test the relationship between the three independent variables and marital sustainability. The results show that social support and psychological well-being have a positive and significant influence on long-term marriage, with p-values below 0.05. This means that people who receive strong support from others and have good mental health are more likely to maintain a stable and lasting marriage. However, self-love does not have a significant effect ($p > 0.05$), suggesting that loving oneself alone may not be enough to keep a marriage strong without mutual care and relationship-focused behavior. The R-squared value of 0.873 indicates that the three variables explain 87.3% of the variation in long-term marriage sustainability. These findings highlight the importance of social and emotional support in building a lasting relationship.

Keywords: Marriage Sustainability, Social Support, Psychological Well-Being, Self-Love, Multiple Regression.

INTRODUCTION

Marriage is a complex and dynamic institution that requires continuous effort, emotional investment, and strong interpersonal bonds. One of the critical factors that contribute to the longevity and quality of a marriage is the presence of social support (Drageset, 2021). Social support refers to the emotional, instrumental, and informational assistance provided by significant others, such as family, friends, and the community (Yadollahi et al., 2025). Research has consistently shown that couples who receive strong social support tend to experience higher levels of marital satisfaction and resilience in

facing challenges (Marini et al., 2023).

Psychological well-being also plays a fundamental role in sustaining a healthy and long-lasting marriage. Psychological well-being is conceptualized as comprising self-acceptance, positive relationships, autonomy, environmental mastery, purpose in life, and personal growth (Patgiri, 2025). Studies indicate that individuals with higher psychological well-being are better equipped to handle marital conflicts, communicate effectively, and maintain emotional closeness with their partners. This suggests that fostering psychological well-being within a marital relationship can

significantly enhance its stability and longevity (Singh et al., 2023).

In addition to social support and psychological well-being, self-love is an essential component in maintaining a long-term marriage. Self-love involves self-compassion, self-acceptance, and treating oneself with kindness (Michael & Ben-Zur, 2024). Individuals who cultivate self-love are more likely to develop healthier emotional responses, exhibit greater self-awareness, and foster positive interactions with their partners. Research suggests that individuals who have a strong sense of self-worth and self-compassion tend to exhibit higher relationship satisfaction, as they are less likely to engage in destructive behaviors such as excessive self-criticism or emotional withdrawal (Syafiyah et al., 2025)

Despite the widely recognized importance of these factors, some studies suggest that social support, psychological well-being, and self-love alone may not be sufficient to ensure a lasting marriage. For example (Burgess & Cottrell, 1936) argue that other variables, such as conflict resolution strategies, shared values, and mutual goals, play an equally crucial role in marital stability. Furthermore, (Rusu et al., 2020) emphasizes that dyadic coping strategies contribute to marital satisfaction and resilience in relationships. Additionally, research suggests that external factors, including financial stability and life stressors, can significantly impact the dynamics of a marital relationship.

The study on social support, psychological well-being, and self-love as key factors in long-term marriage is important because marriage is a fundamental social institution that influences individual well-being and societal stability. Many couples face challenges over

time, such as stress, miscommunication, and emotional distance, which can lead to dissatisfaction or even divorce. Understanding how social support, psychological well-being, and self-love contribute to marital sustainability can help couples maintain strong and lasting relationships. The novelty of this research lies in its focus on the combined effects of these three factors, which have not been extensively studied together in the context of long-term marriages. While previous studies have explored the role of social support and psychological well-being separately, this study integrates self-love as a crucial element in sustaining a healthy marriage. Additionally, unlike many studies conducted in Western societies, this research examines married couples in Central Java, Indonesia, offering insights into how cultural and social dynamics influence marital resilience.

Central Java was chosen as the study location because it represents a diverse urban population with varying socio-economic backgrounds. The city's mix of traditional and modern values provides a unique setting to analyze how couples adapt to marital challenges over time. By focusing on couples who have been married for at least ten years, this study captures the experiences of those who have navigated different life stages together. This research intends to examine the effect of social support, psychological well-being, and self-love on the durability of long-term marriages among couples in Central Java, Indonesia.

LITERATURE REVIEW

The well-being of long-term marriages is shaped by a range of

psychological and social elements, especially social support, mental health, and self-compassion. Social support encompasses the emotional, informational, and practical help obtained from a partner, family, friends, and the broader social context. Recent research indicates that perceived social support greatly affects marital satisfaction and the stability of relationships. A study conducted by Yadollahi et al. (2025) discovered that increased perceived social support correlated with improved marital satisfaction and emotional adjustment in married women. In a similar vein, research conducted by Marini et al. (2023) indicated that spousal support had a beneficial effect on family cohesion and psychological health for wives balancing dual roles. These results suggest that social support acts as a crucial protective element in sustaining lasting marital bonds. Couples that obtain sufficient emotional and practical support often establish healthier communication styles, greater commitment, and more efficient conflict resolution techniques, which ultimately enhance long-term marital stability and resilience.

Psychological well-being also plays a crucial role in maintaining long-term marital relationships. Psychological well-being refers to positive psychological functioning, including self-acceptance, emotional stability, autonomy, purpose in life, and positive interpersonal relationships. Recent studies indicate that individuals with higher psychological well-being tend to demonstrate healthier communication patterns, stronger emotional attachment, and better conflict management within marriage (Unji et al., 2022). Furthermore, psychological well-being contributes positively to marital adjustment and relationship

satisfaction because emotionally healthy individuals are generally better able to regulate emotions and adapt to marital challenges (Michael & Ben-Zur, 2024). Therefore, individuals with strong psychological well-being are generally better able to maintain stable, harmonious, and long-lasting marital relationships.

Another important factor related to relationship quality is self-love or self-compassion. Self-compassion encompasses self-acceptance, self-kindness, and the ability to regulate emotions positively. Recent studies emphasize that self-compassion contributes to romantic relationship satisfaction and psychological adjustment. (Teoh et al., 2023) found a significant positive relationship between self-compassion, psychological well-being, and romantic relationship satisfaction. Similarly, (Robert et al., 2024) reported that self-compassion positively predicted relationship satisfaction and emotional intimacy among romantic partners. Furthermore, (Geethanjali & Naila, 2024) explained that self-compassion supports healthier emotional interactions and relationship satisfaction between partners. However, several studies also suggest that self-compassion alone may not directly sustain a long-term marriage unless accompanied by empathy, commitment, and mutual understanding between partners.

Psychological well-being is also closely related to emotional regulation and interpersonal adjustment in marital relationships. Individuals with higher psychological well-being are generally more capable of maintaining emotional stability, expressing empathy, and adapting positively to marital stress and life transitions. Therefore, psychological well-being is considered an important predictor of

long-term marital satisfaction and relationship sustainability.

Previous research has generally examined social support, psychological well-being, and self-compassion separately in relation to marital satisfaction or individual mental health. Research integrating these three variables simultaneously to predict long-term marital sustainability remains limited, particularly within the Indonesian cultural context. Therefore, this study aims to analyze the influence of social support, psychological well-being, and self-compassion on long-term marital sustainability among married couples in Central Java, Indonesia.

Conceptual Framework

This research is grounded in the idea that the endurance of long-term marriages is affected by multiple psychological and social elements, notably social support, mental wellness, and self-acceptance. Long-term marriage sustainability indicates the capacity of married partners to preserve a steady, harmonious, and committed bond over time, despite different obstacles and life changes (Zapantari & Ribu, 2025).

Social support is viewed as a crucial element for sustaining marital stability since emotional, informational, and practical assistance from partners, family, and the environment can enhance relationship quality and decrease stress in marriage (Kousar et al., 2024). People who feel a significant level of social support typically find it easier to handle marital disputes and sustain emotional intimacy with their partners.

Psychological health also contributes significantly to the lasting stability of marriage. People exhibiting positive psychological characteristics, such as self-

acceptance, autonomy, emotional stability, life purpose, and strong interpersonal relationships, usually show healthier communication styles and improved emotional regulation in marriage (M. Brigoli & Sandoval, 2023). Positive psychological health helps couples better cope with marital challenges and sustain relationship happiness. Furthermore, self-love is linked to self-compassion, self-acceptance, and a favorable self-assessment.

People who possess healthy self-love tend to cultivate higher emotional resilience and more positive relationships with others. Nonetheless, self-love in marriage must be harmonized with empathy, shared understanding, and dedication to partners to enhance the sustainability of the marriage. This study posits that social support, psychological well-being, and self-love independently and collectively enhance the durability of long-term marriage. Thus, these factors are analyzed to comprehend their impact on enduring marital relationships among married partners in Central Java, Indonesia.

RESEARCH QUESTIONS

Drawing from the theoretical review, earlier studies, and the conceptual framework outlined above, the research questions for this study are crafted as follows:

1. Does social support have a notable impact on the longevity of marriages?
2. Does psychological wellness have a significant impact on the longevity of marriage?
3. Does self-love greatly affect the lasting stability of marriage?
4. Do social support, mental well-being, and self-acceptance collectively impact the

durability of long-term marriages?

RESEARCH METHOD

This study utilized a quantitative research approach to examine the impact of social support, psychological well-being, and self-love on long-term marriage sustainability. The population consisted of married couples in Central Java who had been in a marital relationship. A purposive sampling technique was used to select participants who met specific criteria, including the absence of significant psychological disorders, willingness to participate, and a stable marital commitment based on an initial assessment scale.

The final sample comprised 120 couples. The sample obtained was 55 people with male gender and 65 people with female gender. With an age range of 25 - >45 years, and an average age of 36 - 45 years was 64 people. And the jobs that dominate in some people are others such as entrepreneurs, self-employed, and housewives. Data were collected through a structured questionnaire, which included validated and reliable instruments to measure the key variables. Social support was assessed using the Social Support Scale based on (Zimet et al., 1988), namely close relatives, family, and friends. It consists of 12 items, all of which showed acceptable validity, with a reliability coefficient $\alpha = 0.88$ indicating good consistency. Psychological well-being was measured using (Ryff, 1989) model, which includes self-acceptance, positive relationships, autonomy, environmental mastery, purpose in life, and personal growth. This measurement tool has good overall reliability of $\alpha = 0.935$. Self-compassion was assessed (Neff,

2003). Self-Compassion Scale, which focuses on self-kindness, self-acceptance, and self-compassion. It has 15 items with a reliability $\alpha = 0.792$, indicating that this measurement tool is reliable. Long-term marriage was assessed using commitment based on n, (Johnson et al., 1999), which evaluates three aspects: trust, dependability, and predictability. With a reliability of $\alpha = 0.68$, it can be said to be reliable.

The data analysis involved various statistical tests to examine the relationships among the variables. Descriptive statistics were used to summarize the characteristics of the respondents. A t-test was conducted to compare differences in social support, psychological well-being, and self-love among different groups within the sample. Furthermore, regression analysis was performed to determine the extent to which social support, psychological well-being, and self-love predict marital sustainability.

RESEARCH RESULTS

The findings of this study indicate that social support, psychological well-being, and self-love significantly influence long-term marriage sustainability. Multiple regression analysis was conducted to examine the relationship between these variables, and the results show that all three independent variables have a positive and significant effect on marital sustainability. The p-values obtained for each variable are below 0.05, confirming their statistical significance. This suggests that couples with higher levels of social support, psychological well-being, and self-love are more likely to maintain stable and enduring marriages.

Table 1. Anova Results

		ANOVA ^a				
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	7003.535	3	2334.512	204.777	.000 ^b
	Residual	1322.432	116	11.400		
	Total	8325.967	119			

a. Dependent Variable: Y
b. Predictors: (Constant), X3, X2, X1

From the results of the F test calculation, there is a significant value of 0.000 ($p < 5\%$), which means

that the independent variable has an effect on the dependent variable.

Table 2. Regression Model Summary

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.917 ^a	.841	.837	3.376

a. Predictors: (Constant), Self Love, PWB, Social Support

Based on these results, the adjusted R Square value of 0.837 or 83.7% was obtained from variables X1, X2, and X3. The R-squared value of 0.873 indicates that 87,3% of the variation in long-term marriage sustainability can be explained by

the three independent variables. The findings from this study highlight that social support and psychological well-being both have a significant and positive influence on long-term marriage sustainability.

Table 3. Regression Coefficients

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error			
1	(Constant)	-19.102	8.321		-2.296	.023
	X1	.513	.078	.357	6.602	.000
	X2	2.491	.155	.668	16.076	.000
	X3	.141	.117	.066	1.201	.232

a. Dependent Variable: Y

The T-test results for X1 and X2 showed a significance value of 0.000, while the T-test for X3 showed a

significance value of 0.232, indicating that social support and psychological well-being

significantly influence long-term marriage. Conversely, self-love did not significantly influence long-term marriage. The results indicate that psychological well-being has the strongest effect on marital sustainability (coefficient = 0.155, $p = 0.000$), suggesting that individuals who maintain good psychological health are better equipped to handle relationship challenges and sustain a harmonious marriage. Social support also plays a critical role (coefficient = 0.078, $p = 0.000$), emphasizing that emotional, instrumental, and informational support from a spouse or external sources contribute to long-term relationship stability.

DISCUSSION

This finding is in line with the Subjective Well-Being Theory proposed by (Diener et al., 1999). Subjective well-being includes life satisfaction, positive emotions, and minimal negative emotions. The relevance to this study is that couples who have high subjective well-being tend to be more satisfied in marriage because they are able to cope with stress, communicate better, and foster positive emotions in the relationship. Research conducted by (Soulsby & Bennett, 2015) explains that the married consistently report better levels of psychological well-being compared to the unmarried, widowed and divorced adults report significantly poorer psychological well-being compared to those who remain married. A study by (M. B. Brigoli, 2023) also confirms this, stating that psychological well-being acts as a buffer against marital conflict and promotes a deeper emotional connection between partners. Likewise, (Zhang et al., 2019) found that couples who maintain good mental health report higher relationship quality and long-term

Furthermore, self-love significantly influences marital sustainability (coefficient = 0.117, $p = 0.232$), reinforcing the idea that individuals who practice self-compassion and self-acceptance are more likely to develop healthy and resilient relationships.

Psychological well-being showed the strongest influence among the three variables with a value (coefficient = 0.155, $p = 0.000$). This indicates that individuals with higher levels of mental health, emotional stability, and life satisfaction are better prepared to face marital challenges and build positive communication patterns with their partners.

satisfaction. These results reinforce that high psychological well-being not only makes individuals happier, but also strengthens the foundation of long-term marriage through increased satisfaction, emotional stability, and positive interpersonal relationships.

Social support, with a coefficient of 0.078 and a p -value of 0.000, demonstrates that when individuals receive emotional and instrumental assistance from their partners, family, or community, they are more likely to maintain a stable and lasting marriage. This is consistent with the study by (Yadollahi et al., 2025), which found that perceived social support enhances marital satisfaction and reduces stress in long-term relationships. This social support includes relationships with family, friends, and communities that can provide emotional and practical support. The relevance to this study is that couples who have higher social support have their own satisfaction with their marriage so that the marriage has stability and longevity (Nguyen et al., 2016). The

results of this study are in line with previous research from (Hadis & Rahardjo, 2025) namely this study shows that social support from family has a positive effect on marital satisfaction. Couples who feel supported by their family tend to have higher levels of satisfaction in their marriage. Research results from (Wright, 2016) individuals with higher levels of social support will feel less stress than those who receive less support. And Musick & Bumpass, 2012 states that recent research finds few gender differences in estimates of the impact of marriage on mental health and general psychological well being. Emotional and instrumental support from the family helps couples overcome conflict and stress, which in turn improves the quality of their relationship. Meanwhile, research from (Herawati et al., 2018) explains that couples who provide emotional and instrumental support to each other tend to have more harmonious and stable relationships. These results reinforce that social support is not just an additional element, but an important foundation for building a healthy and lasting marriage relationship. Strong relationships with family, friends, and community can provide significant benefits for couples.

On the other hand, self-love, although positively correlated with marital sustainability (coefficient = 0.117), did not show a statistically significant effect in this study because the p-value was 0.232, which was above the threshold of 0.05. This finding suggests that self-love may not directly affect marital sustainability. One possible explanation is that excessive focus on self-love can sometimes lead to individualism or selfishness, which can reduce empathy and compromise in relationships. The

components of self-love are self-acceptance, self-compassion, embracing vulnerability, letting go of perfectionism, developing authenticity, practicing gratitude and happiness, building meaningful connections. The relevance to this study is that they do not fully depend on their partners for happiness which can reduce stress in the relationship and create personal space for themselves. Supporting this, (Moss et al., 2021) argue that although self-love can increase self-esteem, it does not always translate into relational commitment unless balanced with partner-focused behavior. Furthermore, a study by (Zulic-Agramunt et al., 2025) shows that individuals who prioritize personal growth without integrating relational goals may struggle with long-term relational maintenance. In addition, (Sun et al., 2026) emphasize that a healthy marriage requires shared attention and effort, not just self-acceptance. Finally, (Vanderweele & Lee, 2025) noted that while self-love contributes to individual happiness, it only supports marital sustainability when paired with emotional intimacy and shared values. The findings reinforce that self-love does not directly affect marital longevity, but excessive focus can lead to a lack of empathy and compromise.

CONCLUSION

This study concludes that social support and psychological well-being have a significant and positive influence on long-term marriage sustainability. Individuals who receive emotional and practical support, and who maintain good mental health, are more likely to build strong and lasting marriages. Among all variables, psychological well-being has the greatest impact, showing that mental and emotional

stability is essential in maintaining harmony and overcoming challenges in marital life. However, self-love does not have a significant effect on long-term marriage sustainability based on the results of this study. Although it plays an important role in personal development, self-love alone may not be enough to sustain a marriage over time. This suggests that successful marriages require not only self-care but also mutual understanding, empathy, and support between partners. Overall, this research emphasizes the importance of nurturing psychological well-being and building strong support systems in order to achieve lasting and fulfilling marital relationships. Future studies are recommended to examine other factors influencing long-term marriage sustainability, such as communication patterns, financial conditions, conflict resolution strategies, and cultural values. Further research involving larger and more diverse samples is also necessary to provide broader insights into marital resilience across different social backgrounds and regions.

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