



## Will Hope Change Early Adult Women's Views About Love

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### ABSTRACT

Early adulthood ranges from 20-40 years. One of the important developmental tasks for early adults is having intimate relationships, (papalia, d.e., old, s. w., & feldman, 2008) That is why many adult women are often trapped in romantic relationships with men that will either end happily or end in misery depending on what hopes or expectations underlie and motivate women's relationships in the early adult stages. According to most women, love will fail if someone does not try to actively develop their entire personality until they reach a productive orientation: that the fulfillment of one's love cannot be achieved without the ability to love other people, without humility and determination, as well as confidence and discipline. While adult women believe that love is just a matter of luck, something that will come if someone is lucky, but that does not mean that adults think love is not important. Hungry for it, women entering adulthood often watch films and read countless stories about the romantic love of couples. Both those that will have a happy ending and those that will have a tragic ending. That's the reason why researchers studied whether hope changes the way adult women view love.

**Keywords:** *early adulthood, hope, love*

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## INTRODUCTION

Adulthood is the longest period of human life, many changes occur during this period, both physical and psychological. Adulthood makes loving relationships a need that individuals must fulfill. Women are often required to marry before the age of 30 by their surroundings. (Santrock, 2012) said that early adulthood is a term that is now used to refer to the transition period from adolescence to adulthood.

Early adulthood is a time of search, discovery, consolidation, and reproduction. This is a time filled with problems and emotional tension, social isolation, commitment

and dependency, changing values, creativity, and adjusting to a new lifestyle. A person's roles and responsibilities will certainly increase with age. where they begin to let go of their dependence on other people, especially parents, from an economic, sociological and psychological perspective. They will try hard to become more independent and no longer depend on other people.

In early adulthood, the search for true love will begin, where individuals will have a more serious relationship. Some people will feel loved when you get help and a helping hand from partner.(Edwin Adrianta Surijah<sup>1</sup> et al., 2018). With love make the world more colorful, love makes the days feel more precious and not infrequently with love, sometimes a smile will appear by itself without any reason must be behind it (Laksono, 2022).

At first they just knew each other, became friends, and finally became friends. At the friendship stage, it is hoped that a warm and deep relationship with the opposite sex will develop. Through interactions and joint activities, friendship between the sexes does not rule out the possibility of a more serious relationship continuing. (Gambit, 2000) said that when going through a courtship period, individuals generally want to feel close to their partner, but not all individuals can go through this courtship period close to their partner.

A person's romantic relationship or love relationship definitely has hope. The concept of building hope is one aspect of capital psychological. (Royong et al., 2023) Hope represents individuals' judgments about their ability to clearly conceptualize goals, develop specific strategies to achieve those goals, and initiate and sustain the motivation to use those strategies. And love has complex components as explained in psychoanalytic theory (Wilyah et al., 2021), the personality structure consists of three aspects or systems, namely Id, Ego, and Superego.

(Ulfa et al., 2024) In psychology, hope is often defined as a feeling of optimism and anticipation positive towards the future. (Iopz, s.j., & snyder, 2003) explain hope as an individual's belief in achieving the ability of a strong desire, regardless of the magnitude of the urge that marked the beginning of its existence. Hope is a thought or belief that allows individuals to maintain actions or behavior towards the goals they want to achieve. Hope is the energy that motivates someone to do their work. Hope is energy that is focused on one's goals and is a path that leads one to one's goals. Hope is a process of thinking about one goal, with motivation to achieve these goals (agency), and ways to achieve these goals (pathways) (Snyder, 2000)

Hope plays an important role in romantic relationships where individuals, especially women, place hopes in their partners, such as hopes of being loved, cared for, and hopes for the future. Seeing the importance of hope, researchers are very interested in studying more deeply whether hope changes the way adult women view love. The higher an individual's hope, the more it increases trust in their partner. Vice versa, the lower an individual's hope, then the individual's trust also decreases, especially in love relationships romantic.(Jukiro et al., 2024)

Talking about love and expressions of love certainly cannot be separated from Sternberg's (1987) love triangle theory which consists of three components. The first is intimacy. (Yudisia, 2013) said that intimacy can be expressed by sending messages means love, giving surprise gifts even if they are small or cheap, eating together, preparing things your partner needs, listening to your partner's complaints, supporting your partner's hobbies, and also understanding your partner.

Second is passion. According to Dariyo (2008), passion can be expressed by giving physical touch to a partner, such as stroking their hair, holding hands, embracing, kissing, or having sexual relations. Third, namely commitment. Dariyo (2008) says that commitment can be expressed in any action or effort that increases a sense of trust, a sense of acceptance, a feeling of worth, and also a feeling of being loved by one's partner.

## **RESEARCH METHODOLOGY**

This journal uses a qualitative methodology. (Creswel,j, 2010) states that qualitative research is a way to research and understand the meaning ascribed to social or humanitarian problems. The focus of this research is phenomenology. A definition of phenomenology is given by Polkinghorne (Herdiansya, 2015) as research that aims to provide an understanding of the meaning of a person's experience of certain ideas. This research aims to find out how respondents express their hope for love.

Apart from that, researchers also want to learn more about the respondents' backgrounds or pasts that influence their decisions to achieve the hope of their love. Research was carried out at the researcher's home and several other places. The subjects of this research were 4 people, these respondents were chosen by researchers because their age was appropriate for early adulthood. The first step taken by the researcher was an interview session which was conducted directly in several places. The researcher also used library research by taking journals and several books that were relevant to this research.

## **RESULT AND DISCUSSION**

Based on the results of research conducted on 4 respondents whose ages range from 20-25 years, it can be seen that they have quite high hopes for their partners, such as spending quality time together, then receiving and giving gifts (acts of service) and also giving physical touch to express his love. The various forms of expression of love from these respondents are in accordance with the form of love language from (Chapman, 2017) When the research was conducted, researchers began to observe various aspects related to whether hope changed the way adult women viewed love. During the interview, the researcher took 4 important things about whether hope changed the respondent's perspective on love:

1. On the first day of conducting research with a 20 year old woman with the initials VO, the researcher concluded that for VO, love can form hopes and often these hopes are related to certain expectations regarding relationships.

VO has high hopes for love, he often looks for an ideal partner, a perfect relationship and eternal love, but sometimes on the contrary, VO also has more realistic expectations, he may appreciate the process and growth in relationships more.

2. On the second day, the researchers conducted an interview with a 20 year old woman with the initials AS. The researchers concluded that it was important that expectations also influence decisions in relationships. AS has a strong hope of getting married and having a family, he will be quicker to commit to a relationship and AS is also more focused on self-development, perhaps delaying marriage or choosing not to marry at all.
3. On the third day, the researcher conducted an interview with a 24 year old woman with the initials YZ. The researcher concluded that it was important that hope influenced her perspective towards her partner, where in this case YZ put hope in her partner to be able to fulfill their dreams together, such as being able to develop a business together, and do things that are more positive and productive. This hope influences the way he views love, according to YZ, love is not only about romantic relationships but can also be used to build great opportunities to achieve success together.
4. On the 4th day the researchers conducted research with a 20 year old woman with the initials MS. The researchers concluded that it was important that hope in a romantic relationship changes many things in her life. When MS was in high school, he was often ostracized by his classmates. At difficult times there was only her partner who always accompanied her to get through this difficult process. MS's hope at that time only wanted to have friends and people to share stories with. This hope that MS places on her partner, changes MS's perspective on love, if before starting a relationship, MS always felt inferior and lacked self-confidence and only considered love as normal things that children her age do, but this hope changed MS's perspective, Now he sees that love is not just a romantic relationship or just something that kids his age do. Now he sees that love is an extraordinary thing that can change a person's life.

Based on interviews, researchers concluded that hope changes the way adult women view love. Where researchers found 5 interesting things about why hope can change the way adult women view love:

1. A perfect love story, women often watch and read lots of romantic love story novels and often have the hope of having a perfect love story.
2. Expectations about being loved are romantic, where women have high hopes to be loved, cared for and loved.
3. Love is something that can rise from adversity and early adult women have hope for a happier life.
4. Fear of failure, early adult women have high expectations for love in relationships and tend to avoid the risk of entering into a serious relationship.

5. Motivation to become a better person, the hope of being loved and cared for encourages women to develop themselves and become the best version of themselves.

## CONCLUSION

Based on the results of research conducted by researchers, it can be concluded that love is definitely based on hope, which often determines the continuation of a romantic relationship, love is not always about a happy relationship and romantic love can also be extraordinary things that can be done. with a partner. Hope plays a complex role in changing emerging women's perspectives on love. It is important for women to have realistic and healthy expectations, and understand that love is a complex process and requires effort from both parties. Positive and negative expectations can influence their perceptions, choices, and experiences in relationships.

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