

## ANALYSIS OF INTERPERSONAL COMMUNICATION BARRIERS IN ADOLESCENT ROMANTIC RELATIONSHIPS CAUSED BY DIFFERENCES IN PERSPECTIVES ON COMMUNICATION

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### Abstract

This study examines interpersonal communication barriers in adolescent romantic relationships caused by differences in perspectives on communication. Effective interpersonal communication plays a crucial role in maintaining healthy romantic relationships, yet adolescents often experience misunderstandings due to differences in communication expectations, emotional expression, and communication styles. This research aims to analyze the interpersonal communication process, identify the barriers arising from differing communication perspectives, explore their impacts on romantic relationships, and examine the strategies adolescents use to overcome these barriers. A quantitative approach with a descriptive design was employed, using purposive sampling to select late adolescents who were currently involved in romantic relationships. Data were collected through structured questionnaires and analyzed using descriptive statistics, including frequencies, percentages, and mean scores. The findings indicate that differences in communication expectations, misunderstandings in digital communication, and a lack of openness in expressing emotions are the primary barriers affecting interpersonal relationships. These barriers frequently lead to emotional conflicts, decreased trust, and emotional distance between partners. Furthermore, the study reveals that digital communication often intensifies misunderstandings because of the absence of nonverbal cues such as facial expressions and tone of voice. To overcome these challenges, participants emphasized the importance of honest communication, empathy, active listening, and mutual respect for each other's communication styles. The study concludes that developing effective interpersonal communication skills is essential for reducing conflicts and fostering healthier, stronger, and more harmonious romantic relationships among adolescents despite differences in communication perspectives.

**Keywords:** interpersonal communication, communication barriers, adolescent romantic relationships, communication perspectives, digital communication, relationship quality

## INTRODUCTION

### 1.1 Research Background

Interpersonal communication is an important aspect in building and maintaining teenage romantic relationships. In romantic relationships, communication functions as a means to express feelings, expectations, needs, and to build trust between two individuals. During adolescence, romantic relationships often become part of the process of identity searching and emotional development. However, in practice, interpersonal communication in teenage romantic relationships does not always run effectively.

Differences in perspectives toward communication are one of the factors that often create obstacles in teenage romantic relationships. Each individual has different communication patterns, ways of expressing emotions, and communication needs. Some individuals consider intense communication as a form of attention and affection, while others view overly frequent communication as a disturbance to personal space. These differences in perception often lead to misunderstandings, conflicts, and even the weakening of relationships.

In addition, technological developments also influence teenagers' communication patterns in romantic relationships. Communication carried out through digital media often causes multiple interpretations because of the lack of nonverbal expressions.

Interpersonal communication barriers can appear in the form of lack of openness, misunderstanding of message meanings, differences in communication styles, and low listening skills toward partners. If these barriers are not resolved properly, relationships may experience prolonged conflicts that affect the emotional condition of both parties. Therefore, research regarding the analysis of interpersonal communication barriers in teenage romantic relationships caused by differences in perspectives toward communication is important to conduct. This research is expected to provide an understanding of the forms of communication barriers that occur and the factors influencing them, so that it can help teenagers build more effective communication in romantic relationships.

## 1.2 Research Problems

1. How does the interpersonal communication process occur in teenage romantic relationships?
2. What are the interpersonal communication barriers that arise due to differences in perspectives toward communication?
3. What are the impacts of interpersonal communication barriers on teenage romantic relationships?
4. How do teenagers overcome communication barriers in romantic relationships?

## 1.3 Research Objectives

This research aims to understand the process of interpersonal communication in teenage romantic relationships, analyze interpersonal communication barriers caused by differences in perspectives toward communication, identify the impacts of communication barriers on teenage romantic relationships, and understand the efforts made by teenagers to overcome interpersonal communication barriers.

## 1.4 Research Benefits

Theoretically, this research is expected to contribute to studies in the field of communication science, particularly regarding interpersonal communication in teenage romantic relationships. Practically, this research is expected to serve as a reference for teenagers in understanding the importance of effective communication in romantic relationships and reducing conflicts caused by differences in perspectives toward communication.

## 1.5 Previous Research Findings

Previous studies show that interpersonal communication has a major influence on the quality of teenage romantic relationships. Several studies found that differences in communication styles, lack of openness, and the use of social media are the main factors causing conflicts in romantic relationships. In addition, other studies state that the ability to understand a partner's character and communication needs can help reduce misunderstandings in relationships.

## 1.6 Conceptual Framework

This research is based on the idea that each individual has a different perspective on communication. These differences influence the interpersonal communication process in teenage romantic relationships. When these differences are not properly understood,

communication barriers such as miscommunication, emotional conflicts, and misunderstandings may arise. These communication barriers then affect the quality of teenage romantic relationships. Therefore, effective interpersonal communication skills are needed so that relationships can run well.

### 1.7 Literature Review

This research uses studies related to interpersonal communication, communication barriers, and teenage romantic relationships. Interpersonal communication is understood as the process of exchanging messages between two individuals, either directly or through communication media. Communication barriers are any forms of disturbance that cause messages to not be conveyed properly. Meanwhile, teenage romantic relationships are understood as emotional relationships between two individuals during adolescence involving closeness, attention, and intensive communication interactions

## METHODOLOGY

This research employs a quantitative approach with a descriptive design to examine interpersonal communication processes in youth romantic relationships through the lens of communication psychology. This communication psychology perspective is applied as the primary analytical framework to dissect how differing viewpoints trigger interpersonal interaction barriers. The target population in this study consists of late adolescents who are currently in a romantic relationship and facing the dynamics of these differing orientations. Sampling was conducted using a purposive sampling technique to gather respondents who strictly meet the criteria of the communication barriers under study. Through a structured questionnaire, data regarding interaction processes, barriers resulting from differing perspectives, and their subsequent impact on relationships were collected online.

Each item in the instrument was derived from communication psychology indicators that encompass cognitive, affective, and youth problem-solving aspects. Quantitative data gathered from the respondents were subsequently tabulated and analyzed using descriptive statistical techniques. The researcher calculated frequency, percentage, and mean values to analyze the extent of the barriers and the tangible impacts produced within the relationships. These statistical calculations were then systematically categorized to depict an objective overview of the interpersonal conflicts that occurred. The final step involves a profound description regarding the trends in problem-solving patterns enacted by adolescents to overcome these communication barriers based on the communication psychology perspective.

## RESULTS AND DISCUSSION

### 3.1 Research Results

This study involved several adolescent participants who had experienced romantic relationships. Data were collected through in-depth interviews to explore participants' experiences regarding interpersonal communication barriers caused by differences in communication perspectives. Based on the interview results, four major themes emerged.

#### 1. Differences in Communication Expectations

Most participants explained that they had different expectations regarding communication with their partners. Some participants believed that frequent communication represented affection, care, and commitment. Meanwhile, others considered that everyone should have personal space and did not feel the need to communicate continuously. These differences often became the beginning of misunderstandings and conflicts.

One participant stated:

"I like talking every day because it makes me feel appreciated, but my partner thought texting too often was unnecessary."

## 2. Misunderstanding in Digital Communication

Participants also reported that communication through social media and instant messaging frequently created misunderstandings. The absence of facial expressions, tone of voice, and body language caused messages to be interpreted differently from what the sender intended.

One participant explained:

"Sometimes my partner thought I was angry just because my replies were short, even though I was simply busy."

## 3. Lack of Openness and Emotional Expression

Another finding revealed that communication barriers occurred because some participants found it difficult to express their feelings honestly. They often chose to remain silent to avoid conflict. However, this silence eventually created assumptions and emotional distance between partners.

One participant said:

"I preferred to keep my feelings to myself because I didn't want to start an argument, but my partner interpreted my silence as indifference."

## 4. Efforts to Overcome Communication Barriers

Despite experiencing communication barriers, participants explained that they attempted to resolve conflicts through honest conversations, active listening, empathy, and respecting each other's communication styles. Most participants believed that mutual understanding and openness were essential to maintaining healthy romantic relationships.

## 3.2 Discussion

The findings indicate that differences in communication perspectives are the primary factor contributing to interpersonal communication barriers in adolescent romantic relationships. Each individual possesses unique expectations, emotional needs, and communication styles, which influence how messages are delivered and interpreted.

The interviews also revealed that digital communication has become one of the most common sources of misunderstanding. Without nonverbal cues such as facial expressions and tone of voice, messages are more likely to be misinterpreted, resulting in unnecessary conflicts.

Furthermore, the findings demonstrate that openness and empathy play a crucial role in reducing communication barriers. Adolescents who are willing to communicate honestly, actively listen, and respect each other's perspectives are more capable of maintaining healthy and stable romantic relationships. Therefore, interpersonal communication competence is an important factor in improving relationship quality among adolescents.

## CONCLUSION

This study concludes that differences in communication perspectives are one of the main factors causing interpersonal communication barriers in adolescent romantic relationships. Based on the interview findings, the barriers commonly experienced by participants include differences in communication expectations, misunderstandings in digital communication, and a lack of openness in expressing feelings. These barriers often lead to emotional conflicts, reduced trust, and emotional distance between partners.

The findings also indicate that effective interpersonal communication plays a crucial role in maintaining healthy romantic relationships. Participants emphasized that honesty, empathy,



active listening, and mutual respect for each other's communication styles are essential in overcoming communication barriers. By developing these communication skills, adolescents can build stronger, healthier, and more harmonious romantic relationships despite having different perspectives on communication.

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