

# Analysis of Communications Interpersonal Friends with Benefits In Jakarta Students

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## ABSTRACT

In the current era, the relationship between two people is no longer limited to friends, girlfriends, husbands, or families. The emergence of the phenomenon of friend with benefits among the younger generation becomes a new color in categorizing relationships. This research aimed to find out how the form of interpersonal communication friend with benefits that occurs among Jakarta students. In this research, the theory of interpersonal communication and the concept of self-disclosure is used. This study used a qualitative approach and phenomenology method and conducted interviews and literature studies in data collection. A friend with a benefit that occurs in Jakarta students arises because of interpersonal communication that arises along with self-openness that causes friend with benefits relationships to occur. This arises because of the desire to meet certain needs, such as sexuality, without being bound by a committed relationship. The selection of friends as a friend with benefit pairs is not made arbitrarily because it requires compatibility and fulfillment of criteria.

**Keywords:** *friend with benefits, relationships, interpersonal communication, self-disclosure*

## 1. INTRODUCTION

In the conventional relationship system, generally every relationship in the form of a partner is always based on a bond that is wrapped in romance. Humans undergo a relationship by involving feelings in it starting from the stages of introduction, friendship, intimacy to the process of expressing feelings to bind and continue more serious relationships such as determining the status of boyfriends to marriage [1]. But in the current era, the relationship that exists between two humans is no longer just friends, girlfriends, husband and wife, or family. The emergence of the phenomenon of friend with benefits among the younger generation has become a new color in the categorization of relationships.

Friends with benefits relationship is a type of relationship that appears in many western countries. But over time, this type of relationship has also emerged in eastern countries such as Indonesia. In Indonesia itself, of course, this is contrary to the norms and culture that exist in Indonesia. Indonesia is a country that is based on norms or culture that is still strong in religion and region where we know that romantic relationships between couples are usually

formed because of feelings that bind the relationship or ownership status.

Indonesia is a country based on religious values and eastern culture that upholds moral norms. The existence of a friend with benefit relationship is certainly something that is considered taboo because it is considered to legalize sexual relations outside of marriage or adultery. The friend-with-benefit relationship is also considered to violate religious norms and decency because this relationship is carried out by a partner who is not supposed to be, especially since the couple is only friends. In Indonesia, this is considered inappropriate because only married couples who are legal in the eyes of law and religion should be able to have sexual relations.

Friend with benefits is a relationship that contains activities like a partner that can provide benefits for the parties, which is usually in the form of sex without any feelings of attachment for the actors who agree [2]. The article on Psychological Health of adolescent mental health explains that the type of friend-to-benefit relationship is a dynamic and a phenomenon that often occurs among the younger generation, which students dominate.

Friend with benefits is a relationship pattern that appears among young people who want to have a relationship without commitment and do not involve emotional feelings. This is explained by Melissa A. Bisson and Timothy R. Levine in their research entitled "Negotiating a friend with benefit friend with benefit" wherein the study the researchers recorded that from 125 respondents there were 60% FWB perpetrators aged 18-40 year [3].

According to Putu Yunita Trisna Dewi and M. Arief Sumantri in the Journal of Applied Psychology with the title "Testing Relationship Satisfaction Through Intimacy and Feelings of Jealousy on Friend With Benefits Relationship Actors" explained that Friend with Benefits has the meaning of friendship or friendship of the opposite sex which involves activities sexual intercourse without commitment, feelings of love, and encouragement to continue a romantic or serious relationship [4]. From this explanation, in this friend with benefit relationship, of course there is no spark of romance or the involvement of feelings and commitments and is only limited to the benefits that both parties get in a relationship without ties. only sex but the benefits obtained can also be in the form of fulfilling mental and emotional needs that require a place to share stories in addition to biological needs that are met and require a place of trust to share feelings and seek comfort without the need for ties that bind the rules made by partners if they have relationship status.

Research conducted by Olivia Giorgi "Motivations and Relationship Quality of Friend With Benefit Relationships among Emerging Adults" on 233 university students found that there are 5 motives that cause a person to have a friend with benefits relationship, namely the fulfillment of sexual needs, the desire to have a friend with benefits relationship, do not want a serious relationship, make friends and want a simple relationship. Usually this friend

## 2. RESEARCH METHODS

In this study, the author uses a qualitative approach that has been clearly seen through the title and objectives written in this study. The writer wants to get from this research to know, observe, and understand how the communication and self-disclosure of the perpetrators of the friend with benefits relationship can be established and run the relationship. In this study, the author will explore events or phenomena in society regarding this friend with benefits relationship to form a hypothesis. Furthermore, this study also uses phenomenological research methods. Phenomenological research is research that studies about a symptom that appears or arises from subjective or phenomenal experiences about consciousness from one's perspective [7].

In this study, the object that the author will examine is the friend with benefit relationship among students in Jakarta and for research subjects, the author will interview student

with benefits relationship is formed from friends with friends, co-workers, ex-girlfriends or even new people, even the perpetrators of this relationship are also often found to have partners such as boyfriends or husbands or wives [5].

Based on the psychological research journal "Testing Relationship Satisfaction Through Intimacy and Jealousy on Friends with Benefits Relationship Actors" (Putu Yunita Trisna Dewi and M. Arief Sumantri) it can be seen that there are many reasons that make someone enter e in this relationship, regardless of the risks that can arise if one or both parties arise emotional feelings which are certainly not in accordance with the workings of the friend with benefits. This will be more complicated if one or both have a legal partner or a real partner. But even though there is a big risk, friend with benefit enthusiasts still exist and are always there [6].

The emergence of the phenomenon of the friend-with-benefit relationship raises big questions about how a person communicates that can make a person open up and entrust his feelings and fulfill his biological, inner needs and fulfillment of desires to someone who is only limited to friends or even has no relationship at all, because friend with benefits is certainly different from a one night stand or one night love which only focuses on sexual activities regardless of who the partner is and of course has no bond and purpose after. Friends with benefits couples can open up and trust each other without any hesitation even though the partner they are dealing with is not a couple who has official status.

Therefore, with the background that has been described, researchers are interested in conducting research with the title **"Analysis of Interpersonal Communication Relationships Friend With Benefits among Jakarta Students**

subjects who are in a friend with benefit relationship who are still in the relationship and are still registered as active students in Jakarta. In this study, the object that the author will examine is the friend with benefit relationship among students in Jakarta and for research subjects, the author will interview student subjects who are in a friend with benefit relationship who are still in the relationship and are still registered as active students in Jakarta. .

The method used in this research data collection using in-depth interviews and document studies. The data processing and analysis technique used in this study is the Creswell model in which this model analyzes data by transcribing raw data, providing notes on field conditions and the author's views, organizing and storing analytical data, reading data, compiling and constructing themes, interpretations and interpretations. interpret the compiled themes [8]. Furthermore, the data validity technique used in this study is the validity and triangulation technique.

### 3. ANALYSIS AND DISCUSSION

Based on the results of the analysis and findings obtained by the author through the four informants related to interpersonal communication carried out by the perpetrators of the friend with benefit relationship, information was obtained that one of the advantages and needs to be fulfilled is the need for sexuality without being bound by a relationship or commitment. This is in accordance with the statement in the sociology journal "Polemics of Unconditional Love among Students" [9] that the friend with benefit phenomenon is present in the midst of the sexuality problems of students who want to fulfill their sexuality needs. This can be seen from the change in interaction patterns where students include elements of sexuality in relationships that do not have formal ties. The findings show that the stages in the theory of interpersonal communication do occur in friend with benefit relationships, starting from the stages of introduction, friendship, and intimacy.

The friend-benefit relationship, of course, begins with a stage to get to know. In this stage a person must go through an active and interactive introduction stage to get more in-depth information between the communicator and the communicant. This stage is passed by asking questions, paying attention, listening, and manipulating interpersonal communication. In the findings, it can be seen that the friend-with-benefit relationship is true, starting from introductions which eventually make the couple know each other's information.

Furthermore, after successfully going through the introduction stage, the next stage is the friendship stage. At this stage there is a principle that the communicant must be parallel to the communicator in this case, equality and equality in position. When entering the friendship stage, there are several functions that are carried out such as sharing experiences, providing emotional support, and helping each other. This function is clearly seen to be true from the analysis results obtained that all informants stated that they shared their experiences by exchanging information about the problems they faced, or getting emotional support from a friend with benefit partner who they called friends. It can be seen from the findings that the friend-with-benefit relationship is a mixture of the friendship stage and the intimacy stage where the status of the partner is still declared as a friend.

The next stage is intimacy, which is the stage that the friend with benefit pair goes through. In the intimacy stage, it is stated that intimate interpersonal relationships arise because of interactions that occur continuously and repeatedly with high freedom and openness. This openness is considered to be able to influence the thoughts, behavior, and feelings of others. This stage category is usually referred to in a relationship in the form of a boyfriend, husband and wife, or children with their parents. But in fact, in a friend with benefit relationship there is a stage of intimacy that arises because of

openness, even though there are no mixed feelings even though it has entered this stage. Interpersonal intimacy is explained to arise because of the similarities between two people that cause them to become one. It is clear that this arises from the informant's explanation which states that the suitability of communication patterns is one of the criteria in determining friends or partners.

Furthermore, in the theory of interpersonal communication, there is the concept of self-disclosure or self-disclosure which is a very important part in the theory. With self-disclosure will arise a more intimate interpersonal relationship. This self-disclosure can also be seen from the emergence of an open area porch where this porch is interpreted as the openness of both parties who provide information about themselves, feelings, and other things to the other party.

This trust can be seen in the friend-with-benefits relationship carried out by Jakarta students. Starting from friendship opens the interaction of self-disclosure so that it creates a sense of trust to share stories, ask for help, or receive help. With this self-disclosure, one can get to know other people much more deeply. With the self-disclosure that exists, it helps people in friend-with-benefit relationships get to know their friends better and increase the sense of security and trust between them even without having bonds and feelings in them.

### 4. CONCLUSION

Based on the results of the analysis and discussion of the friend with benefit phenomenon that occurs in Jakarta students, it arises because of interpersonal communication that occurs along with self-disclosure which causes a friend with benefit relationship to occur. This arises because of the desire to fulfill certain needs such as sexuality without the need to be bound by a committed relationship. The selection of friends as friends with benefits is not done arbitrarily because compatibility and fulfillment of criteria are required.

In a friend with benefit relationship, it was found that interpersonal communication is important in the establishment of this relationship. Because there are several stages that must be passed until this relationship can be formed such as the stage of introduction, friendship, to intimacy. Self-disclosure is also one of the important things that arise in this relationship.

A friend with benefit relationship is a relationship that is different from a relationship without status, friend zone, and one night stand because this relationship occurs between two friends who trust each other but have a relationship more than friends but without involving feelings in it.

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