



Commitment in Dating Relationships: The Influence of Religiosity and Peer Support

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<p>Submitted: 2024-02-24</p> <p>Revised: 2024-03-01</p> <p>Accepted: 2024-03-16</p> <p>Keywords: commitment dating; relationships; religiosity and peer support</p> <p>Copyright holder: © Paska, P. E. I. N., & Laka, L. (2024)</p> <p>This article is under:</p> <div></div> <p>How to cite: Paska, P. E. I. N., & Laka, L. (2024). Commitment in Dating Relationships: The Influence of Religiosity and Peer Support. <i>Bulletin of Counseling and Psychotherapy</i>, 6(1). https://doi.org/10.51214/00202406820000</p> <p>Published by: Kuras Institute</p> <p>E-ISSN: 2656-1050</p>	<p>ABSTRACT: Premarital sex among students showed an increasing trend. Advances in communication technology were considered non-social factors thought to have contributed to this phenomenon. However, premarital sexual behaviour was indeed not only influenced by external factors. The research aimed to analyze the influence of religiosity and peer support on commitment in dating relationships. The research took samples from a population and used a questionnaire as the primary data collection tool. The target population for this research was students aged > 18 to 40 years who were categorized in the early adulthood range. The sampling technique was non-probability sampling because the respondents had characteristics that could not be randomly selected. Before the questionnaire was used, an instrument testing process was carried out, so the statement items contained in it contained a high discrimination index (item discrimination). Hypothesis testing used variance-based Structural Equation Modeling (SEM), namely Partial Least Squares (PLS-SEM), considering that there were variables with reflective and formative indicators in one research model. The results of data analysis showed that the two predictor variables (religiosity and peer support) simultaneously had a significant effect on commitment to a dating relationship, as evidenced by the value the path coefficient (w) value of .111 and the significant t-value (t = 4.807, p < .05). The path coefficient (w) value is .102, and the significant t-value is (t = 5.104, p < .05). Likewise, partially, the t-statistics value of the religiosity variable was 4.807 > 1.96, and the t-statistics value of the peer support variable was 5.104 > 1.96. Thus, simultaneously and partially, these two predictor variables significantly affected student relationship commitment in early adulthood.</p>
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INTRODUCTION

Advances in communication technology make interpersonal relationships easier so that the opportunities for premarital sex among students become greater. Apart from that, it is at this level of higher education that, in general, students feel 'free' from the supervision of their parents for the first time. According to Dewi (2020), a study conducted by Reckitt Benckiser Indonesia on 500 teenagers in five big cities in Indonesia found that 33% of teenagers had had penetrative sex. From these results, 58% of them admitted that they had penetrated between the ages of 18 and 20 years. Several years earlier, a study conducted by Nardani et al. (2013) at Surabaya State University showed that of the 275 students who were research subjects, all of them had engaged in sexual behaviour in

certain forms, ranging from holding hands, hugging, kissing, and touching body parts. Sensitive, petting, oral sex, and even sexual intercourse. The results of this research provide information to all stakeholders that the sexual behaviour of young people in dating has shifted. If the film entitled "*Gita Cinta dari SMA*" starring Yessy Gusman and Rano Karno represents the sexual behavior of young people at that time simply by holding hands, then the sexual behavior of today's young people has gone beyond appropriate and has led to premarital sexual behavior.

In connection with the influence of increasingly sophisticated communication media. According to [Suryani & Wibisono \(2021\)](#), teenagers engage in premarital sexual behavior generally due to sexual stimulation from pornographic media, this occurs because of the lack of information about sexuality. In their research on vocational high school students, it was concluded that "there is a relationship between exposure to pornographic media and teenagers' perceptions of premarital sex." Furthermore, [Sarah Fathia & Sumaryanti \(2021\)](#) increased their understanding of the correlation between cybersex behavior and premarital sex. They found that cybersex behaviour was positively correlated with premarital sex. The findings of this study show that the more often individuals engage in cybersex behaviour, the greater the likelihood they will engage in premarital sex. According to [Farida \(2022\)](#), premarital sexual behaviour is not limited to the negative influence of advances in information technology.

A multitude of causal factors can influence premarital sexual behaviour. These factors may vary significantly from individual to individual and can stem from social, cultural, psychological, and environmental influences. Some common triggers for premarital sexual behaviour include peer pressure, societal norms and expectations, exposure to sexual content in media, levels of education and socioeconomic status, family dynamics and upbringing, personal values and beliefs, as well as individual personality traits and experiences ([Utama & Suhono, 2017](#)). Farida identified four main factors that play an essential role: parental communication, individual level of religiosity, quality of relationships with peers, and interaction with social media ([Utama & Prasetiawati, 2020](#)). These findings indicate that these factors have an influence that can influence an individual's tendency to engage in premarital sexual behaviour.

Viewed from a developmental psychology perspective, generally, undergraduate students are experiencing a 'transition period', namely from adolescence to early adulthood. Individuals in early adulthood, according to [Hurlock \(2002\)](#) aged 18 to 40 years, have begun to fulfill the developmental tasks that must be completed, namely accepting a position in society along with other adults. The most prominent characteristic at the beginning of adulthood is the period of adjustment to new life patterns. A dating relationship should be a relationship that provides positive benefits because through dating individuals can understand more about the roles, values, and norms that apply in society. However, based on the facts stated above, dating tends to violate the values and norms that apply in society. Dating is characterized by various sexual behaviors, ranging from "light" ones such as touching and holding hands to having sexual intercourse, which is a manifestation of the desire to enjoy and satisfy sexual urges. In cases like this, dating for today's young people becomes the "entrance" to being able to enjoy a deeper relationship, namely premarital sexual relations.

In relation to the views of [Santrock \(2002\)](#) and [Papalia et al. \(2007\)](#) above, commitment also means building a foundation of trust. According to [Gottman & Silver \(2015\)](#) when both partners are committed to each other, they feel secure knowing that their partner is dedicated to the relationship's success. When someone does not commit a relationship, it is easy for infidelity to occur. Infidelity, according to [Perel \(2017\)](#) includes not only "sexual intercourse" but also romantic involvement, kissing, and other sexual contacts. In this regard, research by [Ulya et al. \(2023\)](#) concluded that the length of dating, whether long or short, does not play a role in a couple's anxiety and commitment in maintaining a romantic relationship to a more serious level, such as marriage.

However, according to [Rhoades et al. \(2009\)](#) although there is no significant difference between those who live together after engagement and not at all before marriage, cohabitation before engagement tends to have negative implications for marital outcomes, as there is a higher likelihood of marital stress and divorce.

When discussing romantic relationships, love is the main focus. A dating relationship based on love consists of three components that are interrelated and perfect. This was stated by Sternberg in [Baron et al. \(2011\)](#) who is famous for his triangular formulation of love (Triangular Subtheory of Love), which states that love has three main forms, namely intimacy, passion, and decision/commitment. According to Sternberg, couples tend to be happiest when their love triangles are close to matching. The first component, intimacy, is the closeness felt by two people and the strength of the bond that holds them together. Couples who have a high degree of intimacy care about each other's welfare and happiness, and they respect, like, depend on, and understand each other. The second component, namely lust or passion, is based on romance, physical attraction, and sexuality, often referred to as a form of burning love. Meanwhile, the third component, which is the focus of this research, is the commitment component, namely the cognitive assessment of the relationship, and the intention to maintain the relationship, even when facing problems Sternberg 1988, 1993, in ([Santrock, 2002](#)). The third component, commitment, in dating relationships among students is very important because committing in a relationship is a major "developmental task" for someone entering early adulthood ([Pistole & Vocaturo, 1999](#)).

According to [Santrock \(2002\)](#), one of the important aspects of intimate relationships is individual commitment to each other. In this view, commitment is considered the main foundation in adult relationships because it functions as the glue that keeps the relationship intact and sustainable. This concept of commitment highlights the importance of being willing to sacrifice oneself, invest emotionally, and prioritize the relationship amidst the challenges and conflicts that may arise. Furthermore, [Papalia et al. \(2007\)](#) emphasized that through dating relationships, individuals are expected to be able to train their abilities in maintaining commitment. In this context, the dating process becomes an arena where individuals can develop the interpersonal and communication skills necessary to maintain a relationship with strong commitment. By experiencing the dynamics of interpersonal relationships, individuals can gain a deeper understanding of the importance of commitment in building healthy and sustainable relationships.

Commitment in a romantic relationship is an important foundation for building a healthy and sustainable relationship. Commitment reflects the willingness and determination to invest emotionally, physically and psychologically in the relationship. Among its benefits, commitment helps create trust, stability and security between partners. When a person is committed in a relationship, they tend to be more conscientious in sustaining the relationship through challenges and conflicts that arise. Without commitment, relationships tend to become vulnerable and unstable ([Darmawan & Mardikaningsih, 2021](#)).

The presence of commitment allows couples to plan for the future together, support each other in achieving goals, and navigate life's changes together. When one lacks commitment in a relationship, the relationship may experience confusion, uncertainty, and instability. Lack of commitment can also lead to a partner feeling unappreciated or insecure in the relationship. In the context of this study, commitment is an important predictor in determining relationship sustainability. Individuals who have strong commitment are more likely to stay in the relationship despite challenges. Conversely, a lack of commitment can cause relationships to become fragile and eventually end. Commitment is not only about sustaining the relationship, but also about building a solid bond and mutual respect between partners. With strong commitment, couples can strengthen

their relationship and overcome various obstacles that may arise during their relationship journey together.

Furthermore, the relationship between commitment in romantic relationships and religious factors has been the subject of interesting research in the fields of psychology and sociology. Religiosity, or a person's level of involvement in religious practices and spiritual beliefs, is often closely related to the level of commitment in a dating or romantic relationship. A person's level of religiosity can influence their views on commitment in a romantic relationship. Individuals who have a strong religious background often place great importance on commitment in relationships (Utami, 2022). They see relationships as part of a spiritual journey and as a platform for personal growth and a deeper connection with their partner and God. Religiosity can also be an important determining factor in strengthening the bond and communication between couples. When couples share similar religious beliefs or respect each other's beliefs, it can create a strong foundation for mutually supportive commitment and deepen the relationship.

The relationship between peer support and commitment in romantic relationships is an important aspect of interpersonal relationship dynamics. Peer support can include emotional support, practical support, and social support which play a crucial role in strengthening commitment between partners in dating relationships. Peer support can strengthen commitment in romantic relationships in several ways. First, peers are often a strong source of emotional support for couples. When couples face difficulties or conflicts in the relationship, support from peers can help them to ease tensions and find better solutions. Thus, peer support helps maintain stability and harmony in the relationship. In addition, support from peers can also provide a valuable external perspective for couples. Peers can provide objective and constructive feedback to couples on how to address problems and conflicts that may arise in their relationship.

This can help couples to understand each other better and strengthen the emotional bond and commitment between them. Support from peers can also help strengthen commitment in relationships by creating a supportive social environment. When couples feel supported by their friends, they tend to feel more confident and secure in their relationship. This social support can increase a couple's confidence and comfort in building a strong commitment to each other. Peer support plays an important role in strengthening commitment in relationships (Santika & Permana, 2021). The presence of peer support not only creates a supportive environment for couples, but also helps them to overcome challenges and conflicts that may arise in their relationship. Therefore, it is important for couples to build and nurture healthy relationships with their friends as one way to strengthen commitment in their romantic relationships.

Based on the description above, from the perspective of the social cognitive theory developed by Bandura (2001), the human function is explained in a triadic relationship model, where behavior, person/cognition, and environment work in dynamic interaction. Through this research, it is reasonable to suspect that commitment, as a sub-theory of love, is influenced by religiosity and peer support. Bandura Feist & Feist (2008) also reminded us that although behavior and environment can sometimes be the strongest contributors to performance, cognition (personal factors) is the strongest contributor. In addition to the above theory, several relevant previous studies were also found so that they have similarities and can be used as references, then researchers also analyzed the differences that appear from previous studies to perfect the research conducted.

Such as research from Langlais & Schwanz (2017) states that the importance of religion to the life of a person to foster a person's relationship in dating. Furthermore, the research described by Aragoni et al. (2023) produced research on the importance of religiosity for someone who is dating, because it limits negative things. Research in this area often highlights the importance of religiosity

in influencing commitment in romantic relationships. Individuals who have high levels of religiosity tend to have stronger commitment in their relationships.

This is due to the moral and ethical values taught by their religious beliefs, as well as the social support they receive from their religious community. In relation to peer support for a person who is dating, the results of his research are also shown by [Naz et al. \(2020\)](#). Peers are also an important part of a person's commitment to dating. As the results of research from [Syuhada et al. \(2022\)](#) because there is psychological support so that a person who is dating at an early adult age can determine his commitment. Through some of the previous research above, it turns out that there are similarities with the research conducted, such as the variables of religiosity and peers are related to the commitment of a person in a relationship. However, the differences that arise with the research conducted such as religiosity as one of the research variables for someone's commitment to dating, while the previous research above religiosity is more about someone's commitment to marriage. Likewise, peers, although peers provide psychological support for a person, peer support tends to trigger a person to determine a relationship to marriage. From the above differences, this study examines "Do religiosity and peer support influence commitment in dating relationships among early adulthood students?".

Rationale of Study

The rationale of the study is to understand how certain factors, such as religiosity and peer support, influence the level of commitment in dating relationships. Religiosity and peer support are chosen because both are believed to have the potential to influence commitment in romantic relationships. Religiosity is often associated with moral values and ethics that can influence individuals' views on commitment in relationships. Meanwhile, peer support can provide crucial emotional and practical support in maintaining commitment in relationships. By understanding how religiosity and peer support influence commitment in dating relationships, this study can provide insights into the factors that affect the quality and sustainability of romantic relationships among young individuals. Thus, the study aims to provide a deeper understanding of the dynamics of dating relationships and the factors that shape commitment within them.

Aims and Hypotheses

The purpose of this research is to analyze the influence of religiosity and peer support on commitment in dating relationships. The aim is to understand how these factors contribute to the level of commitment in dating relationships among young adults. The hypotheses of the study posit the following assumptions. An individual's level of religiosity will be positively associated with the level of commitment in dating relationships. This implies that individuals who are more religious tend to exhibit higher levels of commitment in their romantic relationships. Peer support will have a positive correlation with the level of commitment in dating relationships. This suggests that individuals who feel supported by their peers are likely to demonstrate higher levels of commitment in their relationships.

With these hypotheses, the researchers aim to examine the potential relationships between religiosity, peer support, and the level of commitment in dating relationships. These hypotheses are pivotal in providing a better understanding of the factors influencing commitment in romantic relationships among young individuals.

METHODS

Design

In this research, the researcher applied a correlational quantitative approach and determined surveys as the research method. According to Singarimbun (in [Laka, 2022](#)), survey research is research that takes samples from a population and uses questionnaires as the main data collection tool. This research aims to analyze and provide an explanation of the relationship between different variables, in particular identifying the influence of religiosity and peer support on commitment in dating relationships.

Participant and Procedure

The participants in this research were 225 students, who met the requirements as samples. Apart from considering age (18 to 40 years) and health, the main requirement to be a sample for this research is "Have ever been in a dating relationship, at least 3 months". In the sample selection process, this research used non-probability sampling, namely applying purposive sampling, because the subjects of this research have their characteristics. The data collection procedure was carried out by distributing questionnaires to participants. We provided informed consent to ensure that participants willingly agreed to take part in this research. Informed consent encompassed a detailed explanation of the research's objectives, participants' rights, and data privacy before participants were asked to complete the questionnaire.

Instruments

As previously stated, this research data collection used a questionnaire. The questionnaire is a self-report method because participants are asked to provide responses (favorable or unfavorable) that suit themselves. There are three scales measured, namely the commitment in dating relationships (Y), religiosity (X₁), and peer support (X₂). The three scales utilize ranked answer options, ranging from a very high level of disagreement (1), disagree (2), slightly agree (3), quite agree (4), agree (5), to strongly agree (6). Before being presented to real participants, each scale was selected through a field-tested process, to evaluate the ability of the items to differentiate between people or groups of people who have and do not have the attribute being measured. The discrimination index of the research items can be categorized as high because it is greater than 0.30. The high discriminatory power index of this item is a sign that there is consistency or harmony between the function of the items concerned and the function of the scale as a whole.

Commitment in dating relationships (Y) referred to in this research is the perception of students in the early adulthood period to maintain relationships and resolve problems, which is influenced by the level of satisfaction (satisfaction level), comparison of partners with other alternatives outside the relationship (quality of alternatives), and the amount of investment spent in the relationship (investment size). From these three aspects, the commitment scale in dating relationships was compiled into 24 statements, with the test results producing a reliability coefficient of .816.

Religiosity (X₁) as intended in this research refers to the symbol system, belief system, value system, and behavior system that is institutionalized and internalized as the most meaningful according to students as the object of study, which is measured by the religiosity scale through aspects of religious belief, religious practice, experience religion, religious knowledge and the consequences of religion. From these five aspects, the religiosity scale was arranged into 15 statements, with the test results producing a reliability coefficient of .783.

Peer support (X₂) in this research is interpreted as students' perceptions as a result of assessing peer support, both academic and non-academic. The support in question includes several types of support, including assessment, emotional, instrumental, and informational support. From these four

dimensions, the peer support scale is organized into 12 statements, with the test results producing a reliability coefficient of .750.

Data Analysis

The research data was analyzed using the Partial Least Square Path Modeling (PLS-SEM) method with the XLSTAT application, as outlined by Vidal et al. (2020). The analytical process commenced with the creation of a structural model, followed by the definition of a measurement model. A path diagram was then constructed and translated into a system of equations. Subsequently, path coefficients, loadings, and weights were estimated. The model's adequacy, or goodness of fit, was assessed before proceeding to hypothesis testing. This two-step approach involved evaluating both the measurement model and the structural model to ascertain empirical support for the proposed research hypotheses.

RESULTS AND DISCUSSION

Results

The results of PLS-SEM testing on research data present the structural equation model as follows. The output of the PLS-SEM is presented in the form of a path diagram. This diagram visually represents the structural equation model, illustrating the relationships between variables and the flow of effects within the model.

Commitment in Dating Relationships = $0,330761321118373 \times \text{Religiosity} + 0,351222903174338 \times \text{Peer Support}$.

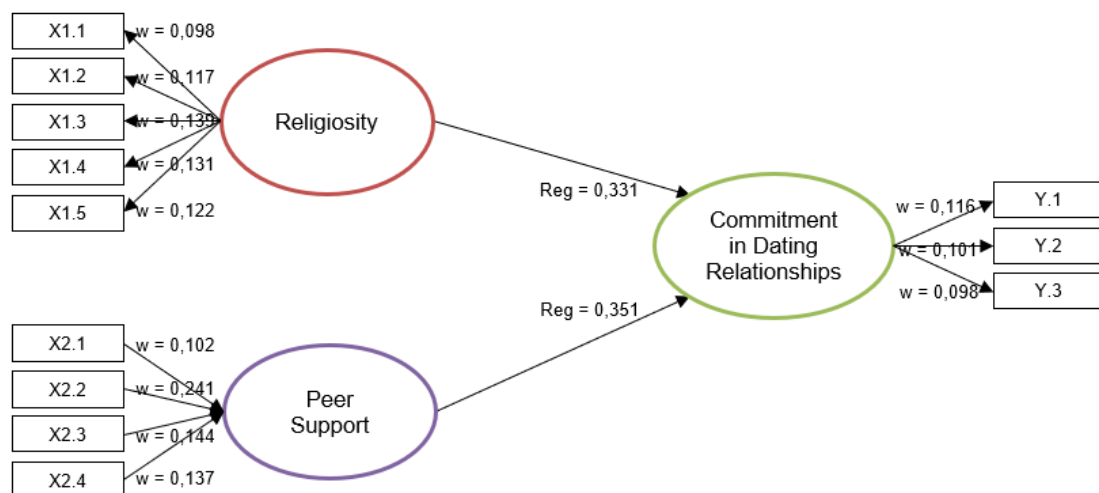


Figure 1. Evaluation of the Structural Equation Model

Evaluation of the structural model of this research is to see the influence of the variables religiosity (X_1) and peer support (X_2) on the commitment in dating relationships variable (Y). Based on the PLS-SEM diagram used in this study, the findings reveal several relevant points. Firstly, religiosity shows a significant positive relationship with commitment in Dating relationships. This implies that the higher an individual's level of religiosity, the higher their level of commitment in romantic relationships. The path coefficient (w) value of .111 and the significant t-value ($t = 4.807$, $p < .05$) confirm the strength of this relationship.

Furthermore, peer support also exhibits a significant positive relationship with commitment in dating relationships. This means that the greater the support provided by peers, the stronger the commitment in the relationship. This is supported by the path coefficient (w) value of 0.102 and the significant t-value ($t = 5.104$, $p < .05$). Additionally, the R-squared value of 43.9% indicates that a

Table 1. Path coefficients (Commitment in Dating Relationships / 1)

Predictor variables	Value	Standard error	t	Pr> t	f ²
Religiosity (X ₁)	.331	.069	4.807	.000	.104
Peer Support (X ₂)	.351	.069	5.104	.000	.117

significant portion of the variance in commitment in romantic relationships can be explained by religiosity and peer support variables. It is important to note that the path coefficient (w) values measure the strength of the relationship between two variables, t-values indicate the statistical significance of the relationship, and the R-squared value indicates how much variation in the dependent variable can be explained by the independent variables. A summary of these values is presented in the following table 1.

Referring to the 'path coefficients' table above, the f² value shows that the peer support variable has a greater contribution than the religiosity variable. The next evaluation is to visualize the influence (impact) of the two predictor variables on the commitment in dating relationships variable. The bar chart shows the path coefficient values and the line chart shows the cumulative form of R² contribution, as in the graph below.

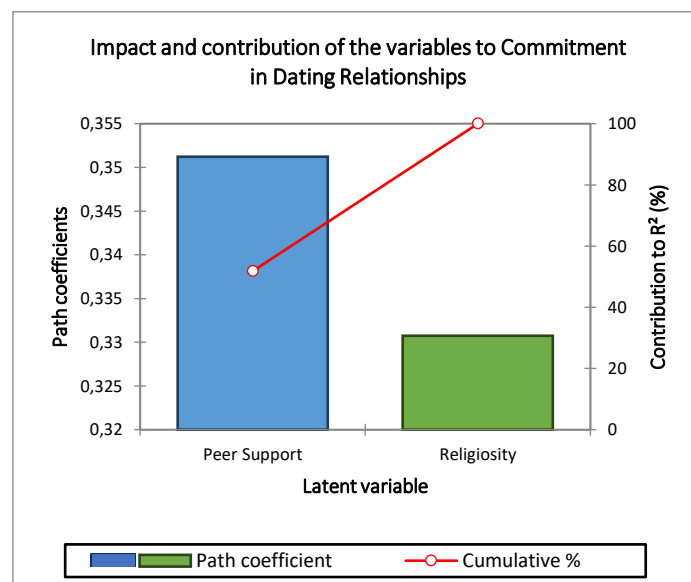


Figure 2. The influence and contribution of the Variables religiosity and peer support on Commitment in Dating Relationships

The figure above explains that the Contribution to R² (%) value of each predictor variable for the Commitment in Dating relationships variable shows that the peer support variable makes a greater contribution than religiosity.

In the final stage, after evaluating the structural model, a Goodness of Fit (GoF) evaluation is carried out. This index is designed as a single measurement that aims to evaluate overall both the measurement model (outer model) and the structural model (inner model). This value is a global validation that includes the R² value and similarity. The global suitability measure recommended by Tenenhouse et al. (2005; in Yamin& Kurniawan, 2019) is "GoF statistics (0 <GoF< 1), value 0.1 (small GoF); .25 (medium GoF); and .36 (large GoF)". Based on the Fit Index table (1), the absolute value of GoF obtained is .421 which exceeds the value of .36 (large GoF), this shows that this research model has a large level of feasibility. shows a high level of conformity between the data used and the model built.

DISCUSSION

Referring to the results of hypothesis testing, it is proven that the research hypotheses proposed, both simultaneously and partially, were all accepted. This shows that all the predictor variables studied (namely religiosity and peer support) together have a significant influence on commitment in dating relationships among students in early adulthood. These findings confirm that both religiosity and peer support have an important role in forming commitment in college students' dating relationships in early adulthood.

The simultaneous acceptance of this hypothesis supports the views of previous theorists, including Adam and Jones (in [Vaughan, 2011](#)) who stated that several factors contribute to the sustainability of a relationship, namely personal dedication, moral commitment, and constraint commitment. The personal dedication factor refers to a positive interest in a partner. This interest arises from within the individual because he wants to maintain and improve the quality of relationships for the common good. This personal dedication is reflected in the desire to plan a future together, with the hope that the relationship will continue through the long journey of life. Individuals also feel as an integral part of the relationship and perceive their partner as a 'partner' in achieving common goals. Prioritize the relationship with your partner as the main thing, and feel satisfaction when you can provide support and assistance to your partner ([Hicks et al., 2021](#)).

The moral commitment factor is a concept that includes a sense of obligation that arises from the moral values and principles adhered to by a person ([Kamaruddin et al., 2023](#)). This includes the obligation to act by the moral standards that the individual believes in, as well as responsibility for aspects of religion or social duties that are considered important. In other words, moral commitment drives individuals to take actions consistent with what they consider right and good, even when it involves personal sacrifice or hardship. Meanwhile, constraint commitment factors are factors that make individuals not want to leave a relationship, such as feeling that there is a lack of attractive alternatives, or having spent a lot of money, time, and energy on the relationship.

Constraint commitment also refers to an individual's concern for their relationship with their partner, due to 'pressure', whether due to consideration of the amount of money that has been spent, the importance of the partner's existence, or social pressure (significant others) which makes the individual feel obliged to maintain the relationship ([Brandau-Brown & Ragsdale, 2008](#)). Thus, maintaining a relationship is largely determined by three factors, namely the individual's interest in maintaining the relationship for the common good, a sense of obligation or responsibility arising from moral values, and social pressure (external factors) for the individual to maintain the relationship.

The results of partial hypothesis testing also prove that the religiosity variable has a significant effect on commitment in dating relationships among students in early adulthood. Religiosity has several dimensions that show its influence on commitment in dating relationships. One dimension of religiosity is a religious effect, which reflects the extent to which individuals are committed to implementing their religious teachings in everyday life Glock (in [Ancok & Suroso, 2012](#)). This means that the religiosity of study object students also influences their commitment to dating relationships.

According to the [Fetzer \(2003\)](#), there are 12 (twelve) dimensions of religiosity, namely daily spiritual experiences (a dimension that looks at the impact of religion and spirituality in everyday life); meaning (the dimension that builds the meaningfulness of life, namely the extent to which religion can become a goal in life); value (a dimension that shows the influence of faith on life values such as teaching the value of love, helping each other, protecting each other, and so on); belief (the central dimension of religiosity, namely the cognitive dimension of the beliefs held by its adherents); forgiveness (a dimension related to confession, feelings of being forgiven by God, being forgiven by others, forgiving others, and forgiving oneself); private religious practice (the behavioral dimension of practicing religion includes worship, studying books, and other activities to increase religiosity);

religious/spiritual coping (this dimension is related to praying to relieve stress); religious support (a dimension that shows social relations between individuals and fellow religious believers); religious/spiritual history (a dimension related to how far an individual participates in their religion throughout their life, and how far religion influences their life journey); commitment (a dimension related to how far an individual attaches importance to his religion and contributes to his religion); organizational religiousness (a dimension related to the extent to which individuals participate in religious institutions in society and carry out activities within them); and religious preference (a dimension related to the extent to which individuals make choices and confirm their religious choices).

Based on data analysis, it is proven that religiosity has a 'positive' effect on commitment in student dating relationships in early adulthood. The results of this research are supported by the research findings of Aman in Pakistan, who concluded that religious practices strengthen and increase marital satisfaction. This means that if an individual's religiosity is high, commitment in a dating relationship also tends to increase (Aman et al., 2019). Conversely, if an individual's religiosity is low, then commitment in a dating relationship also tends to decrease.

The results of partial hypothesis testing also prove that the peer support variable has a significant effect on commitment in dating relationships among students in early adulthood. Peer influence can appear in attitudes, speech, interests, appearance, and behavior, where this influence is greater than family influence. The principle of peer support refers to relationships based on shared experiences and values, where the relationship occurs reciprocally (Hurlock, 2002). Based on data analysis, it is proven that peer support has a 'positive' effect on commitment in student dating relationships in early adulthood. The 'positive' influence here means that if peer support is high, then commitment in a dating relationship will also tend to increase. Conversely, if peer support is low, commitment in a dating relationship will also decrease. The results of this study are supported by the research findings of Fincham and Cui, this researchers explored how peer networks influence the level of commitment in romantic relationships among college students. They found that peer support significantly predicted commitment in dating relationships, highlighting the importance of social networks outside romantic relationships in shaping individuals' levels of commitment (Fincham & Cui, 2010).

The religiosity variable has a significant effect on commitment in a dating relationship, as does peer support, both simultaneously and partially. This means that these two predictor variables play an important role in shaping the level of commitment in a dating relationship. Even though expectations regarding the influence of religiosity were 'beyond researchers' expectations, the findings of this study still confirm that religious values and moral obligations are proven to play an important role in determining commitment in a dating relationship. Apart from that, interestingly, the important role of support from peers in forming commitment in dating relationships is proven to be greater than the influence of religiosity.

This shows that the positive influence of peers does not only apply during adolescence but also continues into early adulthood. The results of this research align with research conducted by (Efansa & Purnamasari, 2020) and (Aragoni et al., 2023) stating that the role of religiosity is needed as a determinant of the commitment of someone in a relationship. Then the following results regarding peers as a supporting variable for early adult commitment to dating align with research (Santika & Permana, 2021) that peer support is an important part of a person's commitment to dating, even though the determinant depends on the individual who is dating. However, psychological support is very influential. These findings provide valuable insight that social relationships outside of romantic relationships can have a significant impact on an individual's level of commitment in dating

relationships, and they demonstrate the complexity of interpersonal dynamics involved in the formation and maintenance of stable and meaningful relationships.

Implications

The implications of this research have broad significance in the context of understanding interpersonal relationships and the well-being of young individuals. The research results highlight the importance of religiosity and peer support factors in shaping commitment in dating relationships. The implication is that religious values and social connections with peers play a crucial role in forming the quality of romantic relationships. Understanding the roles and influences of these factors can assist individuals and mental health professionals in developing more effective approaches to help young individuals manage their romantic relationships. Furthermore, the study indicates the need for a deeper understanding of the interaction between psychological, social, and religious factors in forming commitment in romantic relationships. The implication is that further research is needed to delve into the complexity of dating dynamics among young individuals. This information can be used to design more effective intervention programs to help young individuals build healthy and committed relationships.

Moreover, the research findings provide a foundation for the development of interventions and new approaches to support the well-being of young individuals' romantic relationships. For example, educational programs promoting better understanding of religious values or enhancing social and communication skills can aid young individuals in building more meaningful and committed relationships. The importance of education and awareness about commitment in romantic relationships is also highlighted in the study's results. The implication is that there is a need to increase awareness and understanding of the importance of commitment in romantic relationships among young individuals. This can be achieved through educational programs in schools and communities introducing concepts of healthy and committed relationships. Furthermore, the research findings underscore the relevance in the fields of psychology and mental health. Knowledge of how religiosity and peer support factors influence commitment in relationships can be utilized by mental health professionals to provide more effective services to individuals experiencing difficulties in romantic relationships. Thus, the results and discussions of this research have wide-ranging implications in enhancing understanding and supporting healthy and committed romantic relationships among young individuals.

Limitation of the Study

One of the limitations of this research is related to the criteria for determining the length of the dating period (minimum 3 months), this is too short. In addition, this research data collection only relies on questionnaires, thereby limiting the depth of information. Finally, this research only identified religiosity and peer support as predictors of commitment in dating relationships. It would be good for future research to consider the potential influence of other variables, to obtain a relatively more established picture of the 'determining' factors of commitment in dating relationships.

CONCLUSION

The study affirms the significant influence of religiosity and peer support on commitment in dating relationships among college students in early adulthood. Both religiosity and peer support positively affect commitment, individually and together, underscoring commitment's multifaceted nature and the need to consider diverse factors like religious beliefs and social networks. Religiosity, characterized by adherence to religious values, positively impacts commitment, reflecting moral obligations towards relationships. Similarly, peer support, marked by shared experiences,

significantly predicts commitment, highlighting social networks' role in shaping commitment levels. These findings stress the importance of integrating internal moral frameworks and external social influences to comprehend commitment dynamics fully. In essence, the study provides insights into commitment factors among young adults in dating relationships. Confirming religiosity and peer support's significant roles deepens understanding of individual beliefs, social relationships, and relationship outcomes' complexities. The enduring impact of peer support beyond adolescence underscores its ongoing significance in shaping individuals' romantic experiences. These insights inform interventions to foster healthy, enduring relationships, emphasizing the nurturing of moral values and supportive social environments. Suggestions for future research include exploring religiosity's dimensions, cultural influences, gender differences, and qualitative approaches to understanding subjective experiences. Designing interventions to enhance religiosity and peer support offers practical strategies for improving commitment and relationship quality. Incorporating these suggestions can advance our comprehension of commitment in dating relationships, supporting healthy and sustainable relationships among young adults.

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