

Life Purpose: A Predictor of Dating Commitment in Emerging Adulthood

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Abstract. Finding identity and life purpose is one of emerging adulthood's developmental tasks. It can help them be in a committed relationship, which is also their developmental task. However, the Friends with Benefits phenomenon in emerging adulthood in Indonesia indicates a lack of dating commitment, whereas it is important to commit and thus study predictors promoting commitment. Therefore, this research aims to find whether life purpose can be a predictor of dating commitment in emerging adulthood in Indonesia. Participants are 305 Indonesians aged 18-25 years old who are in a dating relationship. They completed online questionnaires consisting of the Indonesian version of the Claremont Purpose Scale and the Sternberg Triangular Love Scale's commitment scale. Based on the simple linear regression test, life purpose positively predicts dating commitment with goal-directedness being the highest predictor. This shows that life purpose has a positive impact on the dating commitment of emerging adulthood in Indonesia.

Keywords: *Life purpose, dating commitment, emerging adulthood.*

Abstrak. Menemukan identitas dan tujuan hidup adalah salah satu tugas perkembangan seorang *emerging adult*. Hal tersebut dapat membantu mereka berkomitmen dalam hubungan yang juga menjadi salah satu tugas perkembangan mereka. Namun, fenomena *Friends With Benefit* di *emerging adulthood* di Indonesia mengindikasikan kurangnya komitmen berpacaran, padahal berkomitmen menjadi hal penting dalam perkembangan *emerging adulthood*. Maka dari itu riset ini bertujuan untuk menemukan jika tujuan hidup dapat menjadi prediktor komitmen berpacaran di *emerging adulthood* di Indonesia. Partisipan riset ini adalah 305 individu berusia 18-25 tahun yang sedang menjalani hubungan berpacaran. Partisipan mengisi kuesioner daring yang terdiri dari Claremont Purpose Scale versi Indonesia dan skala komitmen dari Sternberg Triangular Love Scale. Berdasarkan hasil regresi linear sederhana, tujuan hidup menjadi prediktor positif dari komitmen berpacaran dengan dimensi *goal-directedness* sebagai prediktor terkuat. Hasil ini menunjukkan bahwa tujuan hidup berdampak positif pada komitmen berpacaran di *emerging adulthood* di Indonesia.

Kata kunci: *Tujuan hidup, komitmen berpacaran, emerging adulthood*

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Being in a committed relationship is a common developmental task for emerging adulthood (18-25 years old) (Wood, Crapnell, Lau, Bennett, Lotstein, Ferris & Kuo, 2018). However, some couples may still lack commitment which then leads to breakups. This happens when one of the partners does not want to commit to differences in their priorities (Pinjungwati, 2021).

For those who do not want to commit, an alternative is to have a friends with benefits (FWB) relationship. FWB is a relationship where people engage in pre-marital sexual activities without commitment to become an official couple (Hughes, Morrison & Asada, 2005; Vrangalova, 2014; Winata, Kurniasari, Octavia, Nelwan & Situmorang, 2020). However, FWB has several negative impacts such as lower relationship satisfaction compared to dating and marital relationships (Sumantri & Dewi, 2020). Bersamin, et al. (2014) also found that FWB is negatively associated with well-being and positively associated with psychological distress in emerging adulthood.

In Indonesia, FWB is a popular phenomenon. Its popularity is shown through the FWB Fess platform on Twitter which facilitates people looking for an FWB relationship. This platform has over 54,000 followers aged 18-30 years old (Abdullah, 2020), around the age range of emerging adulthood (Arnett, 2006).

The popularity of FWB in Indonesia reflects the lack of commitment in relationships. Meanwhile, commitment is important for relationships as it helps couples become more resilient when facing problems (Sternberg, 1986) and also supports their willingness to be together and not prioritize selfish needs (Stanley, Rhoades & Whitton, 2010).

Building a committed relationship is included as one of emerging adulthood's

developmental tasks (Wood et al., 2018). Emerging adulthood should also change partners less as they should have a better understanding of their identity and find a suitable partner (Arnett, 2006).

Although committing in relationships is important for emerging adulthood, research about commitment in Indonesia is more often done in marital relationships. Examples are Harahap and Lestari (2018)'s research about commitment and interpersonal relationship satisfaction in married couples as well as research by Astri and Sudarji (2017) about commitment in married teenagers involved in nonmarital pregnancy. Since most of the research was done on married couples, these findings cannot be generalized to the emerging adulthood as they have a different type of commitment as legally married couples (Sternberg, 1986). However, it is still important for commitment to be studied in emerging adulthood as it is their developmental task.

Amongst the other studies done in married couples, Sulistio and Chandradewi (2019) have done research on emerging adulthood where they focused on the relationship between anxious attachment and commitment. However, the results show that there is no relationship between anxious attachment and commitment. Therefore, researchers have not yet found a significant predictor of commitment in emerging adulthood in Indonesia.

Besides commitment, emerging adulthood also has the developmental task to explore their identity. Finding their identity can help emerging adulthood find a more suitable romantic partner and change partners less (Arnett, 2006). Therefore, finding one's identity is important for dating commitment in emerging adulthood. For their identity exploration to be guided, they must have an identity capital (Côté in Arnett, 2006), which is suggested to be a form of life

purpose (Burrow & Hill in Yuliawati, 2021). Life purpose is important for the well-being and self-image of emerging adulthood (Hill, Edmonds, Peterson, Luyckx & Andrews, 2016). It is also correlated with relationship satisfaction and investment size, which are predictors of commitment (Vanderdrift, Lehmilller & Kelly, 2012; Pfund, Brazeau, Allemand & Hill, 2020).

Therefore, both commitment and life purpose are important for emerging adulthood. These two variables have been studied by Pfund et al. (2020) in the USA with participants aged 18-86 years old. There is a positive relationship between sense of purpose and the quality of romantic relationships as seen from the high satisfaction and commitment levels (Pfund et al., 2020).

However, the research by Pfund et al. (2020) in the USA cannot be generalized to Indonesia due to different cultural backgrounds. For example, Hofstede's Cultural Dimensions shows how Americans are more individualistic than Indonesians who are more collectivist (Hofstede Insights, n.d.). The research by Pfund et al. (2020) was also done on a wider age group (18-86 years old), making the results ungeneralizable to emerging adulthood. The results were also correlational and cannot determine whether sense of purpose is the predictor of commitment or vice versa. Thus, there is still no research that studies life purpose as a predictor of dating commitment in emerging adulthood in Indonesia. Therefore, this research aims to find whether life purpose can be a predictor of dating commitment in emerging adulthood in Indonesia.

The dependent variable of this study is **commitment**, which according to Sternberg (1986) is the first decision to start a relationship and the commitment to maintain the love in the long term. This is

according to Sternberg's Triangular Love Theory, where love is shaped by passion, commitment, and intimacy. According to the theory, commitment has a bidirectional relationship with relationship success. Commitment can also help couples go through problems and become more resilient (Sternberg, 1986).

Previous research has been done about commitment, such as Rusbult's Investment Model of Commitment. According to Rusbult in Arriaga and Agnew (2001), commitment is composed of a long-term orientation towards the relationship. Rusbult's theory shows that commitment is affected by satisfaction, investment size, and the quality of alternatives (Vanderdrift et al., 2012). Among those variables, it was found that satisfaction has the highest correlation with commitment, followed by investment size and quality of alternatives (Tran, Judge & Kashima, 2019).

Having a high commitment is related to the desire of couples to be more dependent on each other (Vanderdrift et al., 2012). Commitment is also strongly correlated with romantic nostalgia (Evans, Juhl, Hepper, Wildschut, Sedikides & Fetterman, 2022). In addition to that, Pfund et al. (2020) found that life purpose has a positive correlation with relationship quality as shown by high commitment and satisfaction scores. Several variables are also negatively related to commitment, such as marginalization which is a negative predictor of commitment (Lehmilller & Agnew, 2006). Past relationship solidarity also has a negative correlation with commitment (Merolla, Weber, Myers & Booth-Butterfield, 2009).

The independent variable of this study is **life purpose**, which is a subjective experience that gives meaning to an individual, is focused on reaching a goal, and is based on

the desire to contribute to the world (Frankl, 1959; Damon et al., 2003; Bronk & Mangan, 2016 in Yuliawati, 2021). There are several factors that contribute to life purpose: Purpose in life, life satisfaction, depression, openness, wisdom, and empathic concern (Bronk, Riches & Mangan, 2018). Individuals who have a life purpose are able to develop themselves positively and have healthy identity formation (Benson; Hill & Burrow in Bronk et al., 2018).

Based on the Claremont Purpose Scale (CPS), life purpose consists of three dimensions: First, personal meaningfulness which is how life purpose gives meaning and motivation to the individual. Second, goal-directedness which is how individuals exert effort into chasing their long-term goals. Third, beyond-the-self orientation which is how life purpose is based on the desire to contribute to the world (McKnight & Kashdan, 2009; Bronk, 2013; Bronk et al., 2018).

Previous research has been done about life purpose as a predictor of other variables. Life purpose is found to be a predictor of well-being in emerging adulthood and is positively correlated with self-image and negatively correlated with infraction although there is still a control from the Big Five Personality (Hill, et al., 2016b). Besides that, emerging adults with a high life purpose tend to have a positive relationship with their parents and are more able to face the process of separation-individuation so that they have better personal mastery (Hill, Burrow & Sumner, 2016).

Both the variables of this research are relevant to the recent phenomenon and **emerging adulthood**. Based on Erikson's psychosocial theory, emerging adults are approaching the end of phase of Identity versus Identity Confusion and entering the Intimacy versus Isolation phase (Santrock,

2019). Life purpose helps emerging adults to pass the Identity versus Identity confusion as it is important for the identity formation of emerging adulthood (Côté in Arnett, 2006; Burrow & Hill, in Yuliawati, 2021). Life purpose is also related to commitment in relationships (Pfund et al., 2020), which is an important developmental task for emerging adulthood in their Intimacy versus Isolation phase (Wood et al., 2018; Santrock, 2019). Commitment is an important variable behind the phenomenon of relationship breakups (Pinjungwati, 2021) as well as FWB in which thousands of Indonesians gather on an online platform to seek non-committed relationships (Abdullah, 2020). Whereas emerging adults should pass the Identity versus Identity Confusion and Intimacy versus Isolation phase, it is found that the main users of the FWB Fess platform in Indonesia are emerging adults (Abdullah, 2020), showing an issue of life purpose and commitment.

Looking at the relevance of both variables to recent phenomena, this research will focus on studying life purpose as a predictor of dating commitment in emerging adulthood in Indonesia. As the basis of this study, life purpose as a predictor of commitment can be explained by two possibilities: First, life purpose has a positive correlation with relationship satisfaction, commitment, and investment size (Pfund et al., 2020). Meanwhile, relationship satisfaction and investment size are predictors of commitment (Vanderdrift et al., 2012). Therefore, life purpose can be a predictor of commitment as it is related to relationship satisfaction and investment size which predicts commitment. Second, the focus on achieving long-term goals is an aspect of life purpose (Bronk et al., 2018) and this long-term orientation is also a component of commitment (Rusbult in Arriaga & Agnew, 2001). Thus, life purpose and commitment can be related as they both include a long-term orientation. Therefore,

this research **hypothesizes** that life purpose predicts dating commitment in emerging adulthood in Indonesia.

METHOD

This research uses the correlational quantitative research design which aims to study the effect of the independent variable (life purpose) as a predictor of the dependent variable (commitment).

The population of this research are Indonesian citizens aged 18-25 years old (emerging adulthood) who are currently in a dating relationship. In this research, the sample size used is 267 participants. The sample size was obtained using the web version of the Raosoft sample size calculator. The calculation of the sample size is as follows: Since the population size of this research could not be defined, then it is considered as 20,000 people. The margin of error is 5 percent, the response distribution is 50 percent, and the confidence level is 90 percent. Based on these parameters, the obtained sample size of this study is 267 participants (Raosoft, 2004). After the questionnaire was shared, the total number of participants gathered were 305.

The sampling techniques used in this study are convenience sampling as the participants will be gathered through convenient means such as social media platforms. The criteria of participants who are eligible to participate in this study are Indonesian citizens aged 18-25 years old who are currently in a dating relationship. Participants must be aged 18-25 years old as this study will focus on emerging adulthood with a developmental task to form committed relationships.

This study will gather data by sharing an online questionnaire (Google Form link) to the researchers' communities through social media platforms such as LINE, Whatsapp, Instagram, and Twitter. Before filling in the

questionnaire, participants are given information about the study such as the purpose of the study, participants' criteria, participant confidentiality, and the researcher's email should the participants have any questions. Afterward, participants are asked about their demographic data and consent to fill in the questionnaire. Should they give their consent, the participants will be directed to the next section in which they will fill in the life purpose and commitment questionnaires. The questionnaire takes about 10 minutes to complete. Participation is voluntary, no reward is offered. The data collection took place in October 2022.

To measure life purpose, this research will use the Indonesian version of the Claremont Purpose Scale by Yuliawati (2021). This scale consists of a total of 12 items which is made up of three dimensions: Personal meaningfulness, goal-directedness, and beyond-the-self orientation. Each of the 3 dimensions has a total of 4 items. The personal meaningfulness dimension consists of questions such as "How clear is your sense of purpose in your life?". The goal-directedness dimension consists of questions such as "How hard are you working to make your long-term aims a reality?". The beyond-the-self orientation dimension consists of questions such as "How important is it for you to make the world a better place in some way?". Every item is answered using a Likert scale from the scale of 1-5. This scale shows excellent internal consistency with an overall alpha coefficient of $\alpha = 0.94$, a coefficient of $\alpha = 0.92$ for personal meaningfulness, $\alpha = 0.86$ for goal-directedness, and $\alpha = 0.92$ for beyond-the-self orientation. The construct and convergent validity of this scale were shown by how it is correlated positively with purpose in life ($r = .799$, $p < .001$), life satisfaction ($r = .646$, $p < .001$), and negatively with depression ($r = -.339$, $p < .001$) (Bronk et al., 2018). In this research, the overall scale reliability is very high with

an alpha coefficient of $\alpha = 0.836$. To measure commitment, this research will use the revised version of the commitment scale from the Sternberg Triangular Love Scale by Sternberg (1997) which has been adapted and translated into Indonesian by researchers along with undergoing the language test process. This scale is applicable for use in the study of relationship commitment as Sternberg (1997) has used it to study commitment in lovers. The commitment scale consists of 15 items with questions such as “I will always feel a strong responsibility for _____”. Participants are asked to rate their answers from 1 (not at all) to 9 (extremely). This scale’s reliability is shown by an alpha coefficient of $\alpha \geq 0.9$ and its validity is shown by a positive correlation with the Rubin Liking and Loving scales (Sternberg, 1997). In this research, the overall scale reliability is very high with an alpha coefficient of $\alpha = 0.936$.

The data analysis is performed using the JASP 0.16.4 software for MacOS. The data is analysed using descriptive statistics and simple linear regression analysis.

RESULTS AND DISCUSSION

Table 1.
 Age Distribution of Subjects

Age	N	Percentage
18-19	106	34.80%
20-21	115	37.70%
22-23	59	19.40%
24-25	25	8.20%

This study has 305 subjects. Table 1 shows the age distribution of this study’s subjects. The highest percentage of subjects are aged 20-21 years old (37.7%) meanwhile the lowest percentage of subjects are aged 24-25 years old (8.2%).

Table 2.
 Province Distribution of Subjects

Province	N	Percentage
Java	262	85.90%
Kalimantan	14	4.60%
Sumatra	15	4.90%
Nusa Tenggara and Bali	8	2.60%
Sulawesi	5	1.60%
Maluku and Papua	1	0.30%

Table 2 shows the province distribution of this study’s subjects. Most of the subjects (85.9%) are from Java meanwhile the lowest percentage of subjects (0.3%) are from Maluku and Papua.

Table 3.
 Sex Distribution of Subjects

Sex	N	Percentage
Male	57	18.70%
Female	248	81.30%

Table 3 shows the sex distribution of the subjects. 81.3% of this study’s subjects are female, meanwhile 18.7% are male.

The dating duration distribution of 305 subjects shows an average of 19.7 months. It was found that the shortest dating duration is 1 month and the longest is 122 months. Meanwhile, there is a large range of dating duration from the subjects, shown through the large standard deviation, which is 20.4.

Table 4.
 Life Purpose and Commitment Linear Regression Test

Model	R	R ²	F	p
H1	0.438	0.191	71.76	<.001

The linear regression test shows significant results with a p-value of <.001, F= 71.76, R²= 0.191, $\beta = 0.438$. This shows that H1 is

accepted and life purpose positively predicts 19.1% of commitment in the dating relationship of emerging adulthood in Indonesia.

Table 5.
 Life Purpose Dimensions and Commitment Linear Regression Test

Model	Standard Error	Standardized	t	p
4 (Intercept)	6.783		8.83	<.001
TotalPL_GD	0.44	0.24	2.67	<.001
TotalPL_BTS	0.38	0.17	2.88	<.001
TotalPL_PM	0.39	0.14	2.23	<.001

It was found that the linear regression test of model 4 (Goal-directedness, beyond-the-self orientation, and personal meaningfulness) shows a result of $F(3,301)=24.216$, $p<.001$. Amongst the three dimensions of life purpose, goal-directedness is the highest predictor of commitment ($\beta= 0.24$, $p <.001$), followed by beyond-the-self orientation ($\beta= 0.17$, $p <.001$) and personal meaningfulness ($\beta= 0.14$, $p <.001$).

Table 6.
 Correlation between Dating Duration (Months) and Commitment

Dating Duration (Months) and Commitment	
Spearman's rho	0.073
p-value	0.21

The p-value test found in the table above (Table 6) shows insignificant results, where the p-value is .21 which is higher than $p > .005$. This shows that there is no significant correlation between dating duration and the commitment of the relationship.

As hypothesized, life purpose predicts dating commitment in emerging adulthood

in Indonesia ($F= 71.76$, $R^2= 0.191$, $p <.001$). These results indicate that life purpose positively predicts 19.1% of commitment. Amongst the three dimensions of life purpose, goal-directedness is the highest predictor of commitment ($\beta= 0.24$, $p <.001$). These results are supported by the findings of Pfund et al. (2020) which shows that there is a positive relationship between sense of purpose and commitment. In a follow-up study, it was also found that sense of purpose predicted an individual's maintaining of a romantic relationship (Pfund & Hill, 2022).

Life purpose as a positive predictor of dating commitment in emerging adulthood can be explained as follows: Life purpose is an important factor that can help emerging adults develop their identity. This is because life purpose is suggested to be a form of identity capital (Burrow & Hill, 2011 in Yuliawati, 2021) which is needed to help emerging adulthood experience ego identity (Côté in Arnett, 2006; American Psychological Association [APA], 2015). Based on Erikson's psychosocial theory, when emerging adults successfully develop an identity, they achieve a positive identity and are able to enter the next phase which is Intimacy versus Isolation, a phase when a romantic relationship is constructed (Santrock, 2019). An emerging adult's understanding of their identity can help them change partners less in a romantic relationship. This is because as they have a better understanding of their identity, they will also be able to find a suitable partner (Arnett, 2006). Therefore, life purpose can be a positive predictor of commitment as it helps emerging adults develop their identity and find a suitable partner. Thus, this will help them commit to their relationship more and change partners less.

Life purpose also acts as a predictor of commitment as it is positively related to relationship satisfaction (Pfund et al., 2020), in which relationship satisfaction is

the variable that has the highest correlation with commitment compared to investment size and quality of alternatives (Tran, Judge & Kashima, 2019). Therefore, an individual with a high life purpose tends to be more satisfied with their relationships and thus tend to have a higher commitment to their relationship.

Additionally, this study found that goal-directedness is the biggest predictor of commitment amongst the other dimensions of life purpose. This can be explained by how life purpose and commitment share a component of long term orientation (Rusbult in Arriaga & Agnew, 2005; Bronk et al., 2018).

This long-term orientation in life purpose suggests that an individual tends to be more committed in their relationship. This is because long-term orientation in life purpose is shown when an individual has goal-directedness, in which they exert effort and are committed to reaching their long-term goals. This is related to life purpose in dating relationships because one of the goals that emerging adulthood has is to have a committed relationship (Arnett, 2006). Therefore, it shows that when an individual has a life purpose as an emerging adult, they also have a long-term orientation to reach their goals that may reflect on the commitment they have within their dating relationship. Thus, this confirms how amongst the other dimensions of life purpose, goal-directedness is the biggest predictor of commitment as this dimension of life purpose drives individuals to have a long-term orientation to commit to their relationships.

On the other hand, in relating life purpose and commitment with other research, there have been many studies that examined the correlation between commitment and work-life balance (Hutagalung, Soelton, & Octaviani 2020), commitment in marriage (Nelson, Kirk, Ane & Serres, 2011), and

commitment in school academics (Mart, 2013). Life purpose is also often correlated with mental health (Glaw, Kable, Hazelton & Inder, 2017) and work-life balance (Anwar, Hansu & Janjua, 2013). Therefore, there is abundant research about commitment and life purpose in the context of work, mental health, and marriage, but dating relationships are rarely discussed. Thus, this study introduces a new perspective in which life purpose can positively predict dating commitment and the results of this study makes a new contribution in this field, further highlighting the importance of this research.

Relationship between dating duration with commitment is also analysed in which the correlation between dating duration is insignificant to commitment. This result may be caused by the satisfaction in a relationship. Lewandowski and Schrage (2010)'s research states that there is no significant difference in the relationship satisfaction of short term and long term relationships. Meanwhile, Tran et al. (2019) found that satisfaction has the highest correlation with commitment, followed by investment size and quality of alternatives. Therefore, as long as a relationship is able to satisfy the individual, no matter how short the dating duration, the individual will commit to their dating relationship. However, this result contradicts Michaels, Acock & Edwards (1986)'s research that found the longer the duration of exclusive dating, the commitment level is higher.

CONCLUSION

The purpose of this research is to study whether or not life purpose is a predictor of dating commitment in emerging adulthood in Indonesia. Results show that life purpose is a positive predictor of dating commitment in emerging adulthood in Indonesia. It is assumed that life purpose helps an individual find a suitable partner, become more satisfied in the relationship, and thus have higher commitment. Therefore, the

research hypothesis of this study is accepted.

For the additional data, it was found that the most significant dimension that predicts commitment is goal-directedness, such as prioritizing and planning goals. An example is by arranging a 10-year long-term goal with detailed targets annually and evaluations to ensure being on track to the goal. Additionally, cross-tabulation was done to find other possible predictors of commitment. It was found that dating duration is insignificant to commitment and the possible predictor is satisfaction.

One of the limitations of this research is the imbalance of the participant's sex. The number of female respondents are significantly higher than male respondents. Because of this imbalance, the results might lack generalisability to male emerging adulthood in Indonesia. Future research could gather balanced respondents so the differences between male and female could be analyzed.

Another limitation of our research is the imbalance of the domicile of participants. This study attempted to gather data from all around Indonesia. However, most of the participants gathered are from Java. Because of this reason, this research lacks generalizability to the other provinces in Indonesia.

Based on the previously mentioned limitations, it is therefore suggested that future research gathers participants with a more balanced number of females and males to get more generalizable results in order to see the difference in genders. It is also suggested that future research gathers a more balanced number of participants from the different provinces in Indonesia so that the results are more generalizable to emerging adulthood in Indonesia.

It is also suggested that future researchers study the sex of the participants as a moderating variable because this research

found that males tend to have higher life purpose than females. A total of 49.12% of males and 37.5% of females are in very high category of life purpose. There are no males in very low and low categories of life purpose meanwhile there are 2.4% of females who are included in those categories. Future research could study if the sex of the participants can also be a moderator which strengthens/weakens life purpose as a predictor of dating commitment.

Additionally, future researchers may gather data on the themes of an individual's life purpose, such as if an individual's life purpose is directed towards an occupational or marital purpose, to see if different themes of life purpose have a different effect on dating commitment.

To confirm the commitment of the participants, future researchers should also add additional questions about the participants' current relationship, such as their current dating status and number of friends with benefit relationships (if there are any). This is to confirm if the participants of this study are in a relationship with only one partner or more. It is also suggested that future researchers should give more specifications regarding the research participants, such as the minimum dating duration of the participants to ensure that the participants gathered are more likely to be in a committed relationship. This can be done by setting the minimum dating duration of participants at 8 months as a study by Rhoades, Stanley & Markman (2010) shows that relationships with strong commitment will stay more than 8 months.

Additionally, other information that should be clearer during the sampling process includes determining how to count the dating duration for couples who experienced an on-and-off relationship, if the couple's pre-dating talking stage should

be counted in the dating duration (before they become an official couple), and other factors that may affect the dating duration of the relationship.

Based on the findings of this research, it is suggested for emerging adults to find their life purpose as early as possible since it is needed to form their identity, help them find a more suitable partner, and therefore be in a committed relationship. To find their life purpose, individuals must understand themselves more by self-reflection, exploring interests and identifying strengths. This may be done by seeking insight from others who are close to the individual. There are important figures for emerging adulthood such as their parents and school counselors, who are able to give guidance and consultation.

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