

CHAPTER V

CLOSING

In this chapter, the researcher will explain the conclusions and recommendations related to academic, practical, and social-based research results. The conclusion will describe the answers to this research question, how to maintain family communication in a long-distance relationship between parents and children studying abroad. After the conclusion is conveyed, the researcher presents the implications of the research in terms of academic, practical, and social fields, as well as research recommendations as the hopes of researchers for future research that is still related to how to maintain family communication between parents and children studying abroad.

5.1 Conclusion

This research uses the in-depth interview method regarding the children studying abroad and parents that have experienced a long-distance relationship with their children. The interpretive paradigm illustrates humans' subjective experiences relating to each other and understanding and describing social action. In addition, an analysis was also done based on the qualitative phenomenology approach.

Based on the results of research on how to maintain family communication between parents and children studying abroad, the researcher draws the following conclusions and the outline of the research:

- Based on the research, the researcher sees that each family has a different way of maintaining family communication. However, based on the research, all informants maintain family communication during

long-distance relationships. All informants, children and parents, regularly communicate before long-distance relationships and decide to continue to communicate regularly after long-distance relationships even though the intensity of communication is reduced.

- Based on the research, Informants achieved effective family communication by implementing and putting efforts into keeping the relationship in a specific condition following the ten elements of relational maintenance theory. Children and parents had pleasant interactions, keeping an open relationship throughout the long-distance relationship, spending quality time together, and parents were directing their children in the right direction during the long-distance relationship. However, there are children who do not maintain family communication during long-distance relationships due to strict parents and a lack of mutual commitment between parents. As a result, they feel freer and more pleasant in a long-distance relationship because their parents do not constrain them.
- This research indicates that self-disclosure is the key to maintaining family communication during long-distance relationships. Being open to each other is an essential part of maintaining family communication. Informants children and parents disclose themselves during long-distance relationships. Informants respond positively to communication as a method of self-disclosure. The children informants respond positively to their parents' communication due to the fact that giving positive responses to their parents will end well, and their parents will also provide positive responses. In addition, motivation involves self-disclosure as performed by

informants while undergoing long-distance relationships; internal and external motivations are found in this study. In this study, external motivation is evident when parents motivate children to be enthusiastic about achieving their goals. At the same time, internal motivation is evident when children strive to earn good grades and impress their parents. When studying abroad, choosing the right time to communicate is essential. It means that both children and their parents are aware of the current situation and have chosen to remain in contact. The informants still communicate, although less intensively than before the long-distance relationship. They remain in contact by telephone at least once a week and by texting regularly. Children self-disclose because they believe their parents are the people they can trust for assistance if they face difficulties.

- If both children and parents remain committed to communicating regularly throughout long-distance relationships, family communication will remain effective as before in long-distance relationships. Primarily due to the busy schedules of parents and children and the challenges that arise, such as time differences, children and parents must determine the right time to communicate.
- This study showed that children trust parents by sharing their personal information because they are open to each other and trust each other. Through self-disclosure, the individual will feel cared for, valued, and trusted, strengthening the family relationship.

- It has been shown that children and parents who have long-distance relationships maintain family communication by giving affection to each other in order to maintain family communication. During long-distance relationships, they realize that they feel a personal impact after communicating with each other. They also show concern for each other by checking up on each other. In addition, Informants also show appreciation for one another. Children will strive to make their parents proud and not worry about them, while their parents will praise and appreciate their children for their achievements. Parents and children maintain family communication while studying abroad by acknowledging and validating each other's feelings. In addition, informants maintain family communication by demonstrating their willingness and ability to commit to maintaining relationships as parents that always think positively about their children and trust them. Family communication can also be maintained by providing opportunities and spaces for each other to develop and achieve their ambitions, as demonstrated by parents who support their children financially and monitor their progress in education without forcing their will on their children. Furthermore, children who studied abroad felt appreciated and noticed by their parents and tried to fulfill their responsibilities.

5.2 Implication

5.2.1 Academic Implication

The theoretical implication of this research is the self-disclosure theory. This theory discusses a process of disclosing personal information to others that can be expressed directly or indirectly through media. This theory assumes that in interpersonal relationships, individuals share information with others; the

information is personal, includes personal experiences, feelings, plans, dreams, and so on, and is based on trust.

Thus, this research shows that in maintaining family communication in long-distance relationships between parents and children, they self-disclose to each other. As a result of children's trust in their parents and the realization that they have provided them with emotional and financial support, children open up to their parents. Children do not want to disappoint and worry their parents. In long-distance relationships with children, parents open themselves up by giving regular updates, supporting and listening to their children's stories, adjusting communication times, and understanding each other's varied schedules. The children and parents feel relieved and happy when they can self-disclose themselves because family communication can still be maintained despite the distance.

5.2.2 Practical Implication

In this research, the experiences of parents and children can serve as a reference and guide for parents and children in the future who will experience long-distance relationships. Furthermore, through the parent's and children's experiences in this research, it is hoped that parents and children can know how to maintain family communication in a long-distance relationship and create a harmonized relationship during a long-distance relationship.

5.2.3 Social Implication

Socially, this research can provide knowledge and information for parents and children who will undergo a long-distance relationship to provide an overview of the process of how to maintain family communication in long-distance relationships so that family relationships can be maintained properly.

5.3 Recommendation

Based on the research, the researcher formulated several recommendations that are expected to be helpful in the academic, practical, and social fields, along with their descriptions:

5.3.1 Academic Recommendation

This research regarding the experience of parents and children who experience long-distance relationships uses the interpretive paradigm and phenomenology that explains how individuals remember and can describe their actions and experiences. The following research looks at how to maintain family communication in long-distance relationships between parents and children studying abroad. There is self-disclosure and efforts from both parties to maintain family communication to remain stable and harmonious. In addition, this research can still be developed from different perspectives, such as considering a more comprehensive range of genders and ages in the informants.

5.3.2 Practical Recommendation

Parents and children who will experience long-distance relationships can maintain family communication by self-disclosure to maintain and create harmonious family relationships. Long distance relationships can run smoothly if a relationship in a family is harmonious, close, and trusting of each other because openness and trust between parents and children can affect a person's openness in the family. Additionally, parents and children can commit to maintaining a relationship prior to the long-distance relationship by building and implementing the ten elements of relational maintenance, as explained in Littlejohn and Foss (2009: 152).

5.3.3 Social Recommendation

This study aims to open the public view, especially parents and children who will undergo long-distance relationships in order to understand how to maintain family communication in long-distance relationships.