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Being Selective and Communicative in Choosing a Partner as the Foundation of a Harmonious Family

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Abstract

Choosing a life partner is a fundamental step in building a harmonious and lasting family. In modern society, the increasing number of domestic conflicts and divorces reflects the importance of individual readiness in selecting the right partner. Therefore, being selective and communicative are essential considerations in the partner-selection process. This study aims to examine the role of selective and communicative attitudes as a foundation for forming a harmonious family. The method used is a literature review with a descriptive-analytical approach, drawing on data from books, academic journals, and other relevant scholarly sources on interpersonal and family relationships. The findings reveal that a selective approach enables individuals to evaluate compatibility in terms of values, character, background, and emotional and social readiness, thereby reducing the risk of future conflicts. Meanwhile, a communicative approach characterized by openness, honesty, and mutual understanding plays a vital role in building trust, strengthening emotional connections, and resolving conflicts constructively. Effective communication also helps partners understand each other more deeply, anticipate potential problems, and identify appropriate solutions. Thus, the integration of selective and communicative attitudes becomes a key foundation for achieving a stable, harmonious, and sustainable family life.

Keywords : *Communicative, Harmonious Family, Partner Selection, Selective.*



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INTRODUCTION

The contemporary global discourse on family resilience increasingly situates partner selection as a critical determinant of long-term relational stability, particularly in the context of accelerating social change, digital mediation of relationships, and shifting cultural norms surrounding intimacy and commitment. Recent developments indicate that modern individuals are no longer constrained by traditional matchmaking structures but instead navigate complex socio-psychological considerations in choosing partners, often mediated by technology and evolving value systems (Chaliza and Oktaviani 2025). Within this landscape, the dual capacity to be selective and communicative emerges not merely as a personal preference but as a structural necessity in sustaining harmonious family systems, especially amid rising global divorce rates and relational dissatisfaction that signal deeper deficiencies in pre-marital decision-making processes (Ariyani et al. 2025).

Existing scholarship has consistently underscored the centrality of communication in fostering family harmony, emphasizing its role in building trust, managing conflict, and facilitating emotional intimacy (Sukarno and Fatimah 2021; Thariq 2017). Empirical findings suggest that effective interpersonal communication significantly correlates with marital satisfaction and stability, as it enables partners to negotiate differences and align expectations constructively (Fitriza and Taufik 2022). Complementary studies further reveal that both intrapersonal and interpersonal communication processes contribute to the formation of a cohesive family unit by strengthening self-awareness and mutual understanding (Febriansa 2025; Astuti and Triayunda 2023).

At the same time, research on mate selection highlights the importance of evaluating compatibility across psychological, social, and cultural dimensions, suggesting that selective decision-making functions as a preventive mechanism against future relational discord (Ariyani et al. 2025). Despite these advances, the literature remains fragmented, often treating partner selection and communication as discrete variables rather than interdependent constructs operating within a unified

relational framework. Studies on family communication tend to focus predominantly on post-marital dynamics, thereby neglecting the formative role of communication patterns during the partner-selection phase (Dewi and Kurniadi 2024; Weenas and Loisa 2024). Conversely, research on mate selection frequently emphasizes preference criteria without adequately addressing how communicative competencies mediate the evaluation and negotiation of these criteria in real-life contexts (Chaliza and Oktaviani 2025).

Such compartmentalization generates conceptual gaps that obscure the causal pathways linking pre-marital selectivity and communicative capacity to long-term family harmony. This gap becomes increasingly consequential when considering the practical realities of contemporary relationships, where individuals must navigate complex emotional, economic, and social challenges that demand both careful partner selection and adaptive communication strategies. Evidence from studies on family conflict management demonstrates that inadequate communication exacerbates tensions arising from economic instability and role expectations, particularly in households with uncertain income structures (Ginting and Astrid 2026). At the same time, insufficient selectivity in choosing a partner often results in mismatched expectations and values that intensify relational strain over time.

The convergence of these issues highlights an urgent need to reconceptualize partner selection as a dynamic process inherently intertwined with communicative competence. Positioning this study within the broader scholarly landscape requires an integrative perspective that bridges the divide between mate selection theories and family communication frameworks. Rather than treating selectivity and communication as isolated predictors, this research conceptualizes them as mutually reinforcing dimensions that collectively shape the trajectory of family harmony. Such an approach aligns with emerging calls for more holistic models of relationship formation that account for both cognitive evaluation processes and interactional dynamics in determining relational outcomes (Ariyani et al. 2025; Fitriza and Taufik 2022).

By foregrounding the interplay between these dimensions, the study seeks to advance a more nuanced understanding of how early relational decisions influence long-term family stability. This study aims to analyze how being selective and communicative in choosing a partner functions as a foundational mechanism for building a harmonious family. It contributes theoretically by proposing an integrated conceptual framework that connects partner-selection criteria with communication competencies as co-determinants of relational success. Methodologically, it employs a descriptive-analytical literature approach to synthesize interdisciplinary insights into a coherent explanatory model. The findings are expected to offer both academic contributions to the development of family studies and practical implications for individuals preparing for long-term relationships.

RESEARCH METHODS

This study employs a qualitative research design to explore the role of being selective and communicative in choosing a partner as the foundation of a harmonious family. A qualitative approach is considered appropriate as it allows for an in-depth understanding of meanings, perceptions, and relational dynamics that cannot be adequately captured through quantitative measurement. The research adopts a descriptive-analytical method, focusing on interpreting patterns, concepts, and theoretical relationships derived from relevant literature. Data are collected through an extensive literature review, including academic books, peer-reviewed journal articles, and credible scholarly sources that discuss partner selection, interpersonal communication, and family harmony. The collected data are then systematically organized, categorized, and interpreted to construct a comprehensive conceptual understanding of how selective and communicative attitudes contribute to family stability and relational quality (Safarudin, Kustati, and Sepriyanti 2023).

The data analysis process follows a thematic analysis technique, where key themes related to selectivity in partner choice and communication patterns are identified, compared, and synthesized across various sources. This involves coding significant concepts, examining recurring arguments, and critically evaluating the relationships between variables within the existing body of knowledge. To ensure the validity and reliability of the findings, the study applies triangulation of sources by comparing multiple academic perspectives and theoretical frameworks. Additionally, the research emphasizes analytical rigor by maintaining coherence between research objectives, data interpretation, and theoretical grounding. Through this approach, the study aims to generate a well-structured and

academically robust explanation of the interplay between partner selection and communication in shaping a harmonious family.

RESULTS AND DISCUSSION

Selectivity in Choosing a Partner and the Formation of a Harmonious Family

Human beings are inherently social creatures who establish pair relationships as part of life continuity and family formation within broader social systems. The institution of marriage reflects not only biological and emotional needs but also sociocultural and legal dimensions that regulate interpersonal commitments. In this context, selecting a life partner requires a high degree of awareness, as the decision carries long-term consequences for individual well-being and family stability. The process of partner selection differs fundamentally from ordinary social relationships because it involves lifelong commitment and shared responsibilities. A selective attitude therefore becomes a crucial prerequisite in ensuring that the relationship evolves into a harmonious and sustainable family unit (Hikmatullah 2025).

The concept of selectivity in partner choice can be explained through psychological and sociological frameworks that emphasize rational and emotional considerations in human relationships. Individuals tend to evaluate potential partners based on compatibility in values, emotional support, economic stability, and long-term relational prospects. This evaluation process becomes increasingly complex in the digital era, where exposure to diverse relational standards influences personal expectations. Selectivity thus reflects not only individual preferences but also adaptive responses to social and cultural dynamics. Such a process highlights the importance of balancing emotional attraction with rational judgment in forming meaningful relationships (Wibowo 2025).

Religious and cultural perspectives further reinforce the importance of being selective in choosing a life partner, particularly in shaping morally grounded and stable family structures. In Islamic teachings, for instance, careful consideration in selecting a spouse is emphasized as a foundational step toward building a harmonious household. This principle applies equally to both men and women, who are encouraged to evaluate potential partners based on character, faith, and responsibility. Selectivity is therefore not merely a personal choice but also a moral and social obligation. The integration of ethical, psychological, and social considerations strengthens the quality of marital relationships (Halimatussyadiah, Andrian, and Universitas Muhammadiyah Bandung n.d.). Compatibility between partners plays a central role in determining the stability and harmony of family life. Individuals who carefully assess compatibility in values, personality, and life goals are more likely to establish stable relationships with minimal conflict.

Significant differences in fundamental principles often lead to misunderstandings and relational tension. Selectivity allows individuals to anticipate potential challenges and make informed decisions before entering long-term commitments. This process contributes to the prevention of future conflicts and enhances the overall quality of marital relationships (Nur Aminah et al. 2023). Selectivity in partner choice ultimately functions as a preventive mechanism that minimizes the risk of marital dissatisfaction and conflict. A well-considered decision in choosing a partner ensures that both individuals share common goals and mutual understanding. The following table summarizes key dimensions of selectivity in partner selection and their implications for family harmony. These dimensions illustrate how careful evaluation contributes to long-term relational stability. The integration of these aspects demonstrates that selectivity is a foundational element in building a harmonious family (Rafi'i 2023).

Table 1. Dimensions of Selectivity in Partner Selection

Dimension	Description	Impact on Family Harmony
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Values Compatibility	The degree of alignment in personal beliefs, moral values, and life principles between partners.	Reduces the likelihood of conflicts arising from fundamental differences.
Emotional Readiness	The level of psychological maturity, emotional stability, and preparedness for marital responsibilities.	Enhances resilience in facing challenges and maintaining a healthy relationship.
Economic Stability	The ability to manage financial resources responsibly and meet household needs.	Supports the sustainability and well-being of the family unit.
Communication Ability	The capacity to communicate openly, honestly, and effectively with one another.	Strengthens mutual understanding and facilitates conflict resolution.

The dimensions presented in Table 1 indicate that selectivity in partner choice operates as a multidimensional evaluative process rather than a singular decision-making act. Each dimension contributes to the formation of a comprehensive understanding of compatibility that extends beyond superficial attraction. Individuals who consider these dimensions simultaneously are more likely to establish balanced and resilient relationships. This multidimensional perspective emphasizes that harmony in family life is constructed through deliberate and informed choices. Such an approach reinforces the argument that selectivity is deeply embedded in both psychological and social rationality (Wibowo 2025).

The integration of emotional readiness and value compatibility highlights the importance of internal alignment before entering a marital relationship. Emotional maturity enables individuals to respond constructively to conflict and adapt to changing circumstances within the household. At the same time, shared values function as a guiding framework that shapes decision-making and behavioral patterns in family life. When these elements are aligned, couples are better equipped to maintain stability and mutual understanding. This alignment ultimately contributes to the sustainability of harmonious relationships.

Economic stability and communication ability also emerge as critical factors that directly influence the practical and relational aspects of family life. Financial preparedness reduces stressors related to economic uncertainty, which is often a major source of conflict in marriages. Meanwhile, effective communication ensures that partners can collaboratively address challenges and negotiate responsibilities. The interaction between these two dimensions demonstrates that both material and relational resources are necessary for maintaining family harmony. This interdependence underscores the complexity of factors involved in successful partner selection (Pangaribuan 2016). In addition, selectivity in partner choice reflects an individual's capacity for long-term orientation and strategic thinking in relationships. Individuals who prioritize future goals and shared aspirations tend to approach relationships with greater commitment and responsibility. This orientation encourages proactive planning and mutual agreement on life trajectories, including career, family roles, and child-rearing practices.

Such forward-looking perspectives reduce uncertainty and enhance relational stability over time. Consequently, selectivity becomes a mechanism for aligning present decisions with future expectations (Nur Aminah et al. 2023). Selectivity in choosing a partner should be understood as a foundational stage that shapes the entire trajectory of family life. It functions not only as a filtering process but also as a preparatory phase for building a meaningful and enduring relationship. The effectiveness of this process depends on the individual's ability to integrate rational evaluation with emotional intelligence. When applied consistently, selectivity contributes to the creation of a family environment characterized by harmony, trust, and resilience. This perspective affirms that the quality of partner selection significantly determines the long-term success of marital relationships (Rafi'i 2023).

The Influence of Communicative Attitudes in Choosing a Partner on Harmonious Relationships

A communicative attitude refers to an individual's ability to express thoughts, emotions, and perspectives while simultaneously understanding others through effective interaction. Communication functions not only as a medium of information exchange but also as a mechanism for constructing meaning and emotional connection. In interpersonal relationships, communication becomes the

foundation for trust and mutual understanding. Without effective communication, relationships are highly vulnerable to misunderstanding and conflict. Thus, communicative competence is a key determinant of relational quality from the early stages of partner selection (Monica and Putranto 2025).

In the process of choosing a partner, communication serves as an evaluative tool that allows individuals to assess compatibility more deeply. Through open and honest dialogue, partners can express expectations, values, and long-term goals. This interaction reduces uncertainty and prevents relationships from being built on assumptions or misperceptions. Communication also enables individuals to identify potential conflicts and address them proactively. Such processes strengthen the foundation of relationships before they develop into long-term commitments (Muflihah et al. 2023). Effective communication significantly influences the development of harmonious marital relationships. Couples who engage in constructive dialogue are more capable of resolving conflicts and maintaining emotional stability. In contrast, poor communication often leads to misunderstandings, distrust, and prolonged disputes. Research consistently demonstrates that communication quality is strongly correlated with family harmony and marital satisfaction. The ability to communicate effectively thus becomes an essential skill in sustaining long-term relationships (Pangaribuan 2016).

Communication also plays a critical role in building emotional intimacy between partners. Emotional closeness is developed through continuous interaction characterized by openness, empathy, and mutual support. Couples who feel heard and understood are more likely to maintain stable and satisfying relationships. Communication allows individuals to express affection, appreciation, and emotional needs in both verbal and nonverbal forms. This process strengthens relational bonds and enhances overall family harmony (Rafi'i 2023). The broader impact of communication extends beyond the couple relationship to the overall dynamics of family life. Families built on effective communication tend to create supportive environments that foster emotional security and healthy development. Parents who communicate well are better able to understand and guide their children. The following table outlines key aspects of communicative attitudes and their influence on harmonious relationships. These aspects highlight the central role of communication in shaping family well-being (Monica and Putranto 2025).

Table 2. Dimensions of Communicative Attitudes in Relationships

Aspect	Description	Impact on Harmony
Openness	The willingness to express thoughts, feelings, and concerns in a transparent manner.	Builds trust and encourages emotional intimacy between partners.
Empathy	The ability to understand and appreciate a partner's emotions, experiences, and perspectives.	Strengthens emotional bonds and promotes mutual support.
Honesty	Consistent transparency and truthfulness in verbal and non-verbal communication.	Prevents misunderstandings and fosters credibility within the relationship.
Active Listening	The practice of paying full attention, responding appropriately, and acknowledging a partner's message.	Enhances mutual understanding and improves communication effectiveness.
Conflict Resolution	The ability to address disagreements constructively and seek mutually beneficial solutions.	Maintains relationship stability and reduces the negative effects of conflict.

The dimensions presented in Table 2 illustrate that communicative attitudes function as an integrated system of relational competencies rather than isolated interpersonal skills. Each aspect contributes to shaping interaction patterns that determine the quality and sustainability of a relationship. Openness and honesty, for instance, establish a transparent communicative climate that minimizes ambiguity and fosters mutual trust. When these elements are consistently practiced, they create a stable foundation for emotional security within the relationship. This indicates that communication is not merely expressive but also structurally constitutive in forming harmonious relationships (Monica and Putranto 2025).

Empathy and active listening play a crucial role in deepening relational understanding and emotional responsiveness between partners. Empathy enables individuals to interpret not only the

explicit content of communication but also the underlying emotional context. Active listening, on the other hand, ensures that communication is reciprocal and not dominated by one party. The interaction between these two dimensions promotes a balanced dialogue that enhances mutual respect and reduces the likelihood of misinterpretation. Such communicative quality strengthens the emotional bond that is essential for long-term relational stability (Rafi'i 2023). The inclusion of conflict resolution as a key dimension highlights the dynamic nature of communication in managing relational challenges. Conflict is an inevitable component of intimate relationships, yet its impact largely depends on how it is addressed through communication.

Constructive conflict resolution enables partners to transform disagreements into opportunities for growth and mutual understanding. In contrast, ineffective communication often escalates minor issues into prolonged disputes that undermine relational harmony. This demonstrates that communication serves both as a preventive and corrective mechanism within relationships (Pangaribuan 2016). In addition, the interplay between all communicative dimensions reflects the importance of consistency in communication practices. Possessing communicative skills alone is insufficient if they are not applied consistently across different relational contexts. Sustained openness, empathy, and honesty contribute to the development of relational trust over time. This continuity reinforces positive interaction patterns that support emotional stability and mutual commitment. As a result, communicative attitudes become embedded as relational norms that guide everyday interactions between partners (Muflihah et al. 2023).

Communicative attitudes in partner selection should be viewed as a long-term investment that shapes the trajectory of family relationships. Individuals who demonstrate strong communication competencies are better equipped to build relationships characterized by trust, cooperation, and emotional resilience. These qualities not only enhance marital satisfaction but also contribute to the overall well-being of the family unit. The integration of communicative dimensions underscores their central role in achieving and maintaining harmonious relationships. This perspective affirms that communication is a decisive factor in the success of long-term family life (Monica and Putranto 2025).

Understanding the Relationship Between Selective and Communicative Attitudes as the Basis for a Harmonious Family

The relationship between selective and communicative attitudes represents a fundamental framework in building a harmonious family, as both dimensions complement each other in the partner-selection process. Selectivity functions as an initial filter to identify compatible partners based on values and readiness, while communication enables deeper exploration of these compatibilities. Without effective communication, the process of selection becomes superficial and incomplete. Communication ensures that compatibility is not assumed but thoroughly understood. This interaction highlights the interdependence between cognitive evaluation and relational dynamics (Halimatussyadiah, 2020). The integration of selectivity and communication plays a crucial role in establishing compatibility, which is essential for family harmony. Selectivity defines the criteria for choosing a partner, while communication facilitates the clarification and negotiation of these criteria.

Through open dialogue, couples can align expectations regarding marriage, roles, and future plans. This alignment reduces the likelihood of conflict and strengthens relational stability. Communication thus transforms selective criteria into practical relational understanding (Monica and Putranto 2025). Furthermore, the combination of selective and communicative attitudes serves as a preventive mechanism against marital conflict. Individuals who are selective but lack communication skills may experience misunderstandings due to unexpressed expectations. Conversely, individuals who are communicative but not selective may enter incompatible relationships. A balanced integration of both attitudes is therefore essential. This balance enhances the ability of couples to navigate challenges and maintain harmony in their relationships (Pangaribuan 2016).

In marital life, communication reinforces the outcomes of selective partner choice by maintaining and developing the relationship over time. Effective communication allows couples to manage conflicts constructively and strengthen emotional bonds. Poor communication, on the other hand, can undermine even well-selected relationships. Studies indicate that communication patterns significantly influence how couples handle economic and social challenges. This evidence highlights the ongoing role of communication in sustaining harmony (Rafi'i 2023).

The relationship between selectivity and communication contributes to the formation of sustainable family values. Selectivity ensures alignment in fundamental principles, while communication maintains and develops these values in daily life. Families that combine these two dimensions tend to exhibit higher levels of harmony and stability. Shared values supported by effective communication create a strong foundation for long-term relationships. This integration ultimately defines the quality and sustainability of family life (Nur Aminah et al. 2023).

CONCLUSION

This study demonstrates that selectivity and communicative attitudes are not independent variables but deeply interconnected dimensions that collectively determine the quality and sustainability of family relationships. Selectivity in choosing a partner enables individuals to evaluate compatibility across fundamental aspects such as values, emotional readiness, and life goals, thereby reducing the potential for structural conflict in the future. At the same time, communicative competence functions as the mechanism through which compatibility is explored, negotiated, and continuously maintained. The integration of these two dimensions forms a comprehensive relational foundation that supports trust, emotional intimacy, and adaptive conflict resolution, all of which are essential elements of a harmonious family.

The findings highlight that the success of long-term relationships is significantly influenced by early relational decisions and interaction patterns established during the partner-selection phase. Individuals who combine careful evaluation with effective communication are more likely to build resilient and stable family systems capable of navigating social, emotional, and economic challenges. This study contributes to the theoretical development of family and relationship studies by offering an integrative perspective that bridges partner selection and communication frameworks. It also provides practical implications by emphasizing the importance of intentionality, self-awareness, and interpersonal competence as key prerequisites for achieving a harmonious and sustainable family life.

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