



How does Interpersonal Communication affect the Harmonious Buddhist Family?

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ABSTRACT

This study aims to find out efforts to improve family harmony through interpersonal communication. Interpersonal communication plays an essential role in maintaining balance in a family. This research uses a quantitative approach with a survey method. The population studied was the householders of Dharma Dippa Monastery in Central Lampung, totaling 35 respondents, so the sampling used saturated samples. Based on the study results obtained t count of 3.742 and t_{table} of 35 Respondents with dk n-2, it becomes 35 respondents with a significant level of 0.05 is 1.334. Then it is known that t count $\geq$ t table with a value of $3.742 \geq 334$ or sig < 0.05 (0.001 < 0.05). So it can be concluded that the two variables have a regression relationship, and there is an influence between the interpersonal communication variable (X) on family harmony (Y), meaning that H₀ is rejected and H_a is accepted. There is a positive and significant effect of interpersonal communication on family harmony. The magnitude of the influence of interpersonal communication on family harmony is 54.6%, and other theories outside this study influence the remaining 45.4%.

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Introduction

Interpersonal communication plays an essential role in maintaining harmony in a family. Interpersonal communication is sending information from one person to another (Pertiwi et al., 2019). In Buddhist families at Dharma Dippa Vihara, interpersonal communication is crucial in strengthening family ties, mutual understanding, and togetherness. In daily life, Buddhist families at Dharma Dippa Temple often face challenges maintaining harmonious relationships. Therefore, it is crucial to understand how interpersonal communication affects harmony in their



Family. Previous research has shown that effective interpersonal communication can improve the quality of interpersonal relationships, strengthen family bonds, and promote family satisfaction. However, not many studies have specifically explored the influence of interpersonal communication in the context of Buddhist families in Dharma Dippa Vihara. Therefore, this study aims to fill this knowledge gap and investigate the effect of interpersonal communication on harmony in Buddhist families at Dharma Dippa Vihara.

In this study, data collection will be carried out through surveys of Buddhist family members at Dharma Dippa Vihara. The survey will measure the level of family harmony, family members' perceptions of interpersonal communication, and the impact of interpersonal communication on family harmony. Meanwhile, interviews will be conducted to understand better individuals' experiences and views regarding interpersonal communication within their families. It is hoped that the results of this study will provide valuable insights for Buddhist families at Dharma Dippa Temple on the importance of interpersonal communication in building and maintaining family harmony. In addition, the findings of this study can also provide input for Dharma Dippa Temple managers and spiritual leaders to develop programs or activities that can strengthen interpersonal communication within Buddhist families and improve the quality of family life in the community. Because of the importance of the role contributed by interpersonal communication to create happiness in human life in helping the development of intellectual, social, identity or one's identity formed in and through contact with others (Nilasari et al., 2020). This research is expected to provide a better understanding of the influence of interpersonal communication on harmony in Buddhist families at Dharma Dippa Vihara. The practical implications of this research can contribute to the development of intervention programs to strengthen interpersonal communication within families and create a harmonious family environment.

Interpersonal Communication

Humans are social creatures who will always need others to meet their needs. Humans must be able to interact and communicate with others. Communication is a structured and planned effort to formulate the delivery of messages and opinions so that they can change the personality of others (Sitompul, 2015). To be able to change the character or behavior of others requires a form of interpersonal communication.

Interpersonal communication is the delivery of messages or information between two or more people to unite views on a problem (Ritonga, 2020). Interpersonal communication is one form that falls into the context of direct interaction involving face-to-face communication, either directly or through communication media such as telephone or *video calls*. Interpersonal communication is essential to everyday life, whether in personal, professional, or social contexts. There are six crucial goals related to interpersonal communication: understanding oneself and others, knowing the outside world, realizing and maintaining relationships, changing



behavior, seeking entertainment, and helping others (Hasanah, 2017). Through interpersonal communication, individuals can share ideas, feelings, and information with others. It is crucial in building strong interpersonal relationships, strengthening emotional bonds, and increasing understanding between individuals.

In interpersonal communication, in addition to verbally communicated messages, nonverbal communication involves body language, facial expressions, and eye contact. Nonverbal communication can provide additional information and help understand a person's feelings, intentions, or attitudes in interactions. Nonverbal communication is communication whose message is packaged in a wordless form (Kusumawati, 2019). Interpersonal communication also involves practical communication skills, such as active listening, expressing oneself clearly, and understanding the perspective of others. These skills are essential in building healthy relationships, resolving conflicts, and creating a respectful communication environment. In today's digital age, interpersonal communication involves using technology and social media. It allows individuals to communicate virtually, send messages, share content, and establish relationships with others in different parts of the world. With social media, everyone worldwide can easily communicate and interact (Gultom & Atnan, 2019).

Harmonius Family

The first communication a person makes comes from the Family, an environment where several still blood-related people unite (Adi La, 2022). A harmonious family gets along well and is a dream for everyone. One way that can be done to maintain harmony with the Family is to strengthen communication and avoid conflicts. Family harmony supports the running of Family functions well (Algazali et al., 2019). A harmonious Family will allow each family member to carry out their social life role following their status or position and have a sense of responsibility and full awareness of their duties. This includes healthy relationships, positive interactions, and a harmonious family life emotionally, socially, and practically. Family harmony focuses on efforts to create an affectionate, respectful, and mutually supportive family environment.

Family harmony involves aspects of effective and open communication between family members. Good communication is essential in building understanding, expressing feelings, and resolving conflicts healthily. Open and honest communication can help reduce tension and strengthen relationships among family members. A harmonious family is a family that achieves harmony, happiness, and satisfaction with all circumstances, can overcome problems wisely so that it can provide a sense of security accompanied by reduced shocks and quarrels between husband and wife, can accept the strengths and weaknesses of couples accompanied by mutual respect and make adjustments well (Eny Fatimatuszuhro Pahlawati, 2019).

In addition to communication, family harmony also involves cooperation, mutual understanding, and tolerance between family members. Awareness of the roles and responsibilities of each family member and respecting individual differences are



essential factors in creating harmony. The importance of family harmony cannot be missed. Harmonious families tend to have happier, healthier, and higher-level well-being family members. Family harmony also provides a strong foundation for children's growth and development. These things will support a warm home atmosphere because the house's atmosphere can affect family harmony. The house's atmosphere is a harmonious unity between individuals, a harmonious unity between parents and children (Arifin et al., 2022).

Method

This study used a descriptive quantitative approach using survey methods and data processing techniques in questionnaires with 62 questions using the Likert scale in the answers. The number of samples in this study was 35 respondents. Research design in this study conducted by researchers includes: making observations, compiling problem background, identifying problems, formulating problems, making theoretical foundations used or looking for theories related to interpersonal communication and family harmony, making research methods, determining research variables, making instruments, collecting data through questionnaires, data analysis, making conclusions and suggestions. Data analysis is a step that follows data collection from all respondents or other data sources (Sugiono, 2019). Grouping data based on variables from all respondents, presenting data on each variable studied, performing calculations to overcome problem formulations, and completing calculations to evaluate hypotheses put forward are all activities included in data analysis. *Simple linear regression analysis*. To obtain higher and more reliable

Findings

Instrument trials

Test instrument validity

An instrument validity test is a way to see the extent to which the instrument is recording/measuring what is meant to be recorded/measured (Sugiono, 2019). Based on instrument trials conducted by researchers on interpersonal communication consisting of 36 items, there are 26 valid items and ten invalid items. Invalid items are located at numbers 10, 11, 21, 22, 28, 30, 31, 33, 34 and 35. While family harmony contained 44 items, there were 39 valid items, and five invalid items were found in numbers 38, 41, 42, 45, and 46. Some statements of things were declared invalid by comparing r^{table} on ten respondents; the significance level of 0.05 was 0.632. Statement items 10, 11, 21, 22, 28, 30, 31, 33, 34, 35, 38, 41, 42, 45, and 46 $< r^{\text{table}}$ (0.632) so that the statement items are no longer used for research data collection. At the same time, the valid statement items, as many as 65 question items, will be used to obtain research data. In addition, of the 65 items declared valid, the highest correlation index was obtained in item number 28, 0.800, and the lowest in item number 21, which was 0.400.

Instrument Reliability Test



Based on the results of instrument reliability tests carried out by researchers on 65 items, *Scala (Alpha) Reliability Analysis* using SPSS 25.0 produces an *Alpha* of 0.938 because more than $p \geq 0.05$ means the measuring instrument is declared reliable.

Table 1. Reliability Test

<i>Reliability Statistics</i>	
<i>Cronbach's Alpha</i>	<i>N of Items</i>
.938	65

Source: Results by SPSS 25.0 data

Normality Test

The normality test shows that the sample data from the population is normally distributed. The normality test was performed using *Kolmogorov Smirniw's One Sample test*. The sample data requirement comes from a normally distributed population with a significant 0.05 or 5% level. Based on the results of the normality test conducted on 35 respondents, which included data on interpersonal communication variables (X) and family harmony (Y), it is known that the significance value (2-tailed) of the family harmony variable is 0.018, which means $0.018 \geq 0.05$ then the data is normally distributed. While the interpersonal communication variable's significance value (2-tailed) is $0.083 \geq 0.05$, the data is normally distributed.

The results of normality calculations using the *One Sample Kolmogorov Smirnow* test are presented in the following table.

Table 2. Normality Test Results

		X	Y
N		35	35
Normal parameters ^b	Mean	96,80	138,57
	Std. Deviation	18,176	23,099
Most Extreme Differences	Absolute	.139	.164
	Positive	.112	.080
	Negative	-.139	-.164
Test Statistics		.139	.164



Asymp. Sig. (2-tailed)	.083 ^c	.018 ^c
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Source: Results by SPSS 25.0 data

Homogeneity Test

The homogeneity test is intended to show that two or more sample data groups come from populations with the same variant. The homogeneity test was performed using *Anova's Compare Means One Way test*. The requirement for homogeneity variance is if the test criteria are more than 0.05 or 5%. Based on the homogeneity test results from the *Output test of homogeneity of variances*, it is known that the significance value of interpersonal communication is $0.299 \geq 0.05$, then the data variable of interpersonal communication is homogeneous. While the significance value of family harmony is $0.291 > 0.05$, the data on family harmony variables are homogeneous. Thus it can be concluded that the variants of the two groups are homogeneous. The results of homogeneity calculation using the *Compare Means One-way Anova* test are presented in the following table.

Table 3. Homogeneity Test Results

	Levene Statistic	df 1	df 2	Sig
X	1.093	1	68	0,299
Y	1.133	1	68	0,291

Source: Results by SPSS 25.0 data

Simple Regression Analysis

This analysis aims to predict the value of the dependent variable if the value of the independent variable increases or decreases and to determine the direction of the relationship between the *independent* variable and *the positive* or *negative dependent* variable. Based on the results of simple regression analysis testing, it was obtained that f count = 14.006 with a significance level of $0.001 < 0.005$, then regression analysis can be used to predict the participation variable or in other words, there is an influence of interpersonal communication variables (X) on the harmonious Buddhist Family (Y). To find out more clearly can be seen in the following table.

Table 4. Simple Regression Analysis

Type	Sum Squares	of Df	Mean Square	F	Sig.
1 Regression	5405,093	1	5405,093	14,00 6	.001 ^b
Residuals	12735,479	33	385,924		



Total	18140,571	34
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a. Dependent Variable: Y

b. Predictors: (Constant), X

Source: Results by SPSS 25.0 data

Coefficient of Determination Analysis

The determinant coefficient (R^2) determines how well the sample uses the data. Based on the analysis of the determination coefficient obtained, the results of the *output* percentage of the influence of the independent variable (interpersonal communication) on the dependent variable (the harmonious Buddhist Family), it can be called the coefficient of determination (R Square) of 0.546. This means that the influence of the independent variable on the dependent variable is 54.6%, while other factors outside this study influence the remaining 45.4%. To find out more details, please see the following table.

Table 5. Analysis of the Coefficient of Determination (R^2)

Type	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.546 ^a	0,298	0,277	19,645

a. Predictors: (Constant), x

b. Dependent variable: y

Source: Results by SPSS 25.0 data

Statistical Hypothesis Test

The Hypothesis Test tests whether there is an influence between interpersonal communication on the Harmonious Buddhist Family. The hypothesis test raised is:

H_0 = No influence of interpersonal communication on the harmonious Buddhist Family.

H_a = There is an influence of interpersonal communication on the harmonious Buddhist Family.

The results of the calculation of the research hypothesis test for more details can be seen in the following table:

Table 6. *coefficients*

Mode	Unstand	Coefficie	Standardized	T	Sig.
	ardized	nts	Coefficients		
	B	Std.			



Error					
(Constant)	73,430	17,720		4,144	0,000
X	0,673	0,180	0,546	3,742	0,001

Dependent variable: y

Source: Results by SPSS 25.0 data

Based on the calculation results with the help of the SPSS 25.0 program, a Constant value of 73.430 and a regression coefficient of 0.577 were obtained, so that the regression equation between interpersonal communication variables and family harmony was $Y = 73.430 + 0.673X$. The regression equation provides information that each change in interpersonal communication score is one unit. Furthermore, table 4.7 shows the results of the significance value, the significance of $0.001 \leq 0.05$ or $0\% \leq 5\%$. This means that the variable of interpersonal communication to family harmony is 0.673. The coefficient is positive, which means that there is a positive influence between interpersonal communication and family harmony of Buddhist Vihara Dharma Dipa. To find out more details can be seen in the following table.

Table 7. Anova

Type	Sum of Squares	Df	Mean Square	F	Sig.
1 Regression	5405,093	1	5405,093	14,006	0,001
Residuals	12735,479	33	385,924		
Total	18140,571	34			

a. Dependent variable: y

b. Predictors: (constant), x

Source: Results by SPSS 25.0 data

The calculation results from the coefficient table that t is calculated by 3.742 and t table from 35 respondents with $dk\ n-2$ so that 35 respondents with a significant level of 0.05 is 1.334. So it is known that $t\ counts \geq t^{table}$ with a value of $3.742 \geq 334$ or $sig < 0.05$ ($0.001 < 0.05$). So it can be concluded that both variables have a regression relationship, and there is an influence between interpersonal communication variables (X) on the harmonious Buddhist Family (Y), meaning that H_0 is rejected and H_a is accepted.



Discussion

The research data were collected and conducted based on data processing indicators of two variables: family harmony (Y) as the dependent variable and interpersonal communication as the independent variable. The research data is presented in the description obtained from 35 householders of Dharma Dippa Monastery in Central Lamung. The data were processed using descriptive statistical techniques consisting of the mean (average), median (middle value), mode (the value that often appears), standard deviation, and data frequency distribution. The data analysis tester uses the statistical product and solution SPSS 25.0 computer program. Based on the results of data analysis and hypothesis testing, it was found that there is a positive influence between interpersonal communication and family harmony. The hypothesis testing results show that this study's hypothesis can be accepted. This means that empirical data obtained from respondents support the assumptions underlying the theoretical assessment. Further discussion of the research results is described in the influence of interpersonal communication on family harmony.

The study results showing the positive effect of interpersonal communication on family harmony are interpreted that interpersonal communication is part of a person's self, making it easier to achieve successful communication with a partner to form a harmonious family. The strength of the influence of interpersonal communication on family harmony can be seen in the regression test results with a coefficient value of 0.546. The diversity in family harmony has a relationship with interpersonal communication, and this can be seen from the coefficient of determination of 0.277 so that the variety that exists in family harmony with a contribution of 54.6%. At the same time, 45.4% are influenced by other factors outside of interpersonal communication.

Conclusion and Implication, and

Interpersonal communication has a positive and significant influence on the harmonious Buddhist Family. The magnitude of the effect of interpersonal communication on family harmony was 54.6%, and other theories outside this study influenced the remaining 45.4%. The results showed a positive and significant influence between interpersonal communication and the harmonious Buddhist Fami. Therefore, it is necessary to formulate implications for increasing the harmonious Buddhist Family through interpersonal communication, following the research results on the influence of interpersonal communication on family harmony. The results showed that the impact of interpersonal communication on the harmonious Buddhist Family was very significant.



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