

RELIGIOSITY AND DATING DECISION-MAKING AMONG INDONESIAN PSYCHOLOGY UNDERGRADUATES: A CORRELATIONAL STUDY

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ABSTRACT

Dating has become a salient developmental and social phenomenon among university students, yet its expression may be shaped by internalized religious values that guide moral reasoning and self-control. This study examined the relationship between religiosity and dating decisions among Psychology students at the University of Medan Area. Using a quantitative correlational design, data were collected from a purposive sample of active students (N = 177) via two instruments: a Religiosity Scale and a Dating Decision Scale. Both instruments demonstrated excellent internal consistency (Cronbach's alpha = 0.983 and 0.987, respectively). Assumption testing indicated normal distributions for both variables and evidence of linearity between them. Pearson product-moment analysis revealed a strong, significant negative association between religiosity and dating decisions ($r = -0.855$, $p < 0.001$), with a coefficient of determination (R^2) of 0.731, indicating that religiosity accounted for 73.1% of the variance in dating decisions. Mean comparisons further suggested that students' religiosity was relatively low, whereas their tendency toward dating decisions was relatively high. The principal conclusion is that higher religiosity is associated with lower dating decision tendencies among students. These findings imply that strengthening the internalization of religious and ethical values—integrated with counseling and student development programming—may support more reflective personal decision-making in campus life. Future research should examine mediating and moderating factors (e.g., peer influence, self-control, gender, and social media exposure) and employ longitudinal or mixed-method approaches.

Keywords: Dating decisions; Moral behavior; Psychology students; Religiosity; University students.

INTRODUCTION

Adolescence and early childhood mature is stage marked development with search identity self, including in matter interpersonal and romantic relationships (Paska & Laka, 2024) . In the phase this, individual start interested For weave deeper relationship intimate with against types, which are generally known with term dating. For students, especially those of age beginning adults, dating often become means For know self yourself and others individually more deep, and as part from the process to deeper relationship Serious like wedding (Aragoni et al., 2023) . However, the decision for dating no solely influenced by factors emotional and social, but also by values religiosity possessed by individuals.

Religiosity refers to feelings or deep religious sentiment. The word " religiosity " comes from from the word " religion " which has roots from the Latin word " religare " which means bond or binding self (Spilka et al., 2019) . In the context of this, religion is defined as binding relationship between individual with God. Religion in general own rules and obligations that must be run, which works as means for binding and confirming self somebody or group in the relationship with God, others and nature around. Religiosity refers to the religious aspects that have been experienced and internalized by someone. Religiosity show level interest individual to his religion, so that influence his actions and behavior. More carry on can explained that religiosity can interpreted as religiousness individuals who reflect to what extent the individual practice, carry out, and live up to it teachings his religion in a way consistent (Nabi et al., 2023). According to (Prasetya et al., 2021) also emphasized that religiosity influence behavior social. Students who have level religiosity tall tend comply religious and social norms, as well as avoid behavior contradictory deviation with values his beliefs. While That (Shera et al., 2025) explain that there are 5 dimensions faith, dimensions of worship, dimensions charity, dimension ihsan, dimension knowledge important from religiosity. Fifth dimensions This become moral basis of students in behave, including in taking decision for no dating as form guard values his religion.

Phenomenon dating among student become interesting for reviewed because campus environment is room very open and dynamic social (Firdaus & Ningsih, 2020; Pertiwi, 2019) . Students interact with various background behind social, cultural and value, which often gives rise to shift view to connection interpersonal, including in context dating. In one sides, values modernity and freedom think give room for student For explore connection romantic in a way open; but on the other hand, the values religious who have instilled by family and environment religious become moral guidelines that influence decision they (Smith, 2021) . This study aim For knowing and analyzing connection between religiosity with decision dating a student Psychology at the University of Medan Area, as well as For understand How values religious can play a role in the process of taking decision in context interpersonal relationships of students. Research results This expected can give benefit theoretical, namely add outlook in field psychology social and psychology of religion role religiosity to behavior romantic student. With Thus, research This No only make an effort explain phenomenon social issues that occur among students, but also provide contribution for development study psychology religion and behavior social in the environment academic, in particular in context students at University of Medan Area.

METHOD

Study This use approach quantitative with method correlational, which aims For know connection between two variables (Creswell, 2022) , namely religiosity as variables independent (X) and decision dating as variables dependent (Y). Approach quantitative chosen because to try measure phenomenon psychological in a way objective through numbers and analysis statistics, so that the result can generalized (Slater, 2025) .

Population in this study is all over student active Psychology Study Program at University of Medan Area, totaling 177 people. From the population said, researchers take part respondents as sample study use technique purposive sampling, namely election sample based on criteria certain relevant with objective study (Borgstede & Scholz, 2021) . Instrument research used consists of of two scales, namely the Religiosity Scale and the Dating Decision Scale. The Religiosity Scale arranged based on dimensions religiosity which includes aspect beliefs, religious practices, experiences religious, religious knowledge, and consequences religious (Shera et al., 2025) . Temporary that, Dating Decision Scale arranged For measure to what extent the individual own trend or readiness in take decision for dating, good from side cognitive, affective, and behavior (Vennum & Fincham, 2011) .

Study This using validity and reliability tests for ensure quality tool measure. Validity tested with item-total correlation (Product Moment), whereas reliability use coefficient Cronbach's Alpha, with value ≥ 0.70 indicates good consistency (Creswell, 2022) . Hypothesis tested with analysis correlation Pearson Product Moment For see strength and direction connection between variables. Data analysis was carried out using SPSS to get results more accurate and efficient. The entire data analysis process uses device SPSS software Ver. 25.

RESULTS AND DISCUSSION

In the results of the analysis of the religiosity variable, it was found that the items were declared invalid. namely 13 is declared invalid because the *corrected item-total correlation value* is smaller than the value of 0.3. Based on the data analysis This was then processed into a reliability test and a *Cronbach's alpha value* of 0.983 was obtained which can be said to be reliable (Sugiyono, 2018) which states that the minimum *Cronbach's alpha value* is 0.600. Based on the analysis of the data on the decision variables for continuing dating processed into a reliability test and a *Cronbach's alpha value* of 0.987 was obtained which can be said to be reliable. states the minimum value of *Cronbach's alpha* is 0.600.

Table 1. Normality Test

Variables	Mean	K- S	SD	Sig	Note
Religiosity	85.87	0.412	8,506	0.412	Normal
Dating Decision	95.23	0.541	9,600	0.541	Normal

Based on data analysis, it is known that the religiosity data is normally distributed where $p = 0.412$ And data variables Dating Decisions Also normally distributed, where $p = 0.541$.

Table 2. Linearity Test

Correlational	F different	p different	Note
X- Y	1,553	0.220	Linear

Based on the linearity test conducted by the researcher using SPSS version 22 data processing, the researcher showed that the linearity value of the relationship or correlation between Religiosity and Dating Decisions had a significant value. 0.220 Which Where more from 0.05. The results of the analysis show that there is a linear relationship between the religiosity variable and the decision variable dating.

Table 3. Hypothesis Test

Statistics	Coefficient n (r_{xy})	Coefficient of Determinant an (r^2)	BE%	P	Note
X- Y	- 0.855	0.731	73.1 %	0.00 0	Significant

Based on the results of the product-moment correlation analysis, it appears that there is a negative relationship between religiosity and decisions. This result is evidenced by the correlation coefficient r_{xy} . = -0.855 with Significant $p = 0.000 > 0.05$. The determinant coefficient (r^2) of the relationship between the independent variable and the dependent variable is $r^2 = 0.731$. This shows that religiosity has a distribution towards dating decisions by 73.1%.

Table 4. Mean Test

Variabel	SD	Average		Notes
		Hipotetik	Empirik	
Religiosity	8,506	97,5	85,87	Low
Dating Decision	9,600	80	95,23	High

Based on the results of the mean test in Table 4, the empirical mean of religiosity is 85.87, lower than the hypothetical mean of 97.5, so that student religiosity is classified as low with quite large variation in respondents ($SD = 8.506$). In contrast, the desire to date has an empirical mean of 95.23, higher than the hypothetical mean of 80, indicating a high tendency with moderate variation ($SD = 9.600$). Overall, an opposite pattern is seen: religiosity tends to be low, while the desire to date is high, indicating a potential negative relationship that will be further tested through correlation analysis.

Research result This show that there is connection significant negative between religiosity with decision dating a student Psychology Department of University of Medan Area. Coefficient value correlation of $r = -0.855$ with $p = 0.000 (< 0.05)$ indicates that the more tall level religiosity someone, then the more low his tendency For take decision dating. On the other hand, students with level religiosity low tend own desire or decision dating more high. This result strengthen suspicion that values religious play a role important in form individual interpersonal attitudes and behavior, in particular in context connection romantic (Lakatos & Martos, 2019; Nafisa & Savira, 2021; Vasilenko & Espinosa-Hernández, 2019). Based on statistical test results This indicates existence gap between mark religious beliefs and behavior real thing that is done students. Phenomenon This can explained through theory *cognitive dissonance*, namely mismatch between beliefs and actions that can cause conflict psychology in individuals (Yahya & Sukmayadi, 2020; Yousaf & Gobet, 2013). Based on the results of the determination test ($R^2 = 0.731$), it is known that religiosity give donation effective by 73.1% against decision dating, whereas the remaining 26.9% is influenced by other factors such as influence Friend peers, needs emotional, and factors environment social. These results support view that religiosity not only dimensions trust, but also includes aspect practices and moral

consequences that influence behavior daily (Langlais & Schwanz, 2017). Students with level religiosity tall tend internalize religious teachings as moral guidelines, so that they more be careful in weave connection considered romantic not yet in accordance with religious values. On the other hand, students with religiosity low possible more influenced by modern values and freedom social which considers in a relationship as matter fair and part from the development process self (Agustina & Hafiza, 2013; Andayaningtyas et al., 2025). Findings This in line with study previously shown that religiosity influence behavior social and moral, where individuals with religiosity tall tend avoid behavior that is considered contradictory with religious teachings, including connection romantic pre-marital. (Efansa & Purnamasari, 2020; Nurafifah & Daud, 2023).

CONCLUSION

This study aimed to test whether religiosity is associated with dating decisions among Psychology students at the University of Medan Area. The core findings show a strong, statistically significant negative relationship between religiosity and dating decisions (Pearson $r = -0.855$, $p < 0.001$), with religiosity explaining 73.1% of the variance in dating decisions ($R^2 = 0.731$). Descriptively, students' religiosity tended to be low, while their dating decision tendency was high, indicating a notable value-behavior gap in the campus context. Theoretically, these results strengthen perspectives in the psychology of religion and self-regulation by positioning religiosity as a salient moral and behavioral control factor in romantic decision-making; practically, the findings support the need for more systematic value-internalization programs, campus counseling initiatives, and character-religious development interventions that are applicable to students' everyday social realities. Future research should test multi-factor models (e.g., peer norms, self-control, attachment, media exposure), use longitudinal or mixed-method designs to clarify causal mechanisms, and extend sampling to multiple universities to improve generalizability.

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