



**SUB PERSONALITY OF A PERSON WHO IS IN A FRIEND
RELATIONSHIP WITH BENEFIT**

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Abstract

Sexual behavior before marriage is a problem that until now has not been able to be resolved properly. Even now there have been many studies that reveal the existence of sexual behavior before marriage in friendships that are carried out as signs based on emotional involvement known as FWB (Friend With Benefit). It will be interesting if one can analyze the personal aspects that become the background of a person being involved in an FWB relationship. The purpose of this study was to determine the description of a person's subpersonality that is intertwined in the FWB relationship. This qualitative research data was obtained through interviews with subjects and informants (someone who knows and recognizes the subject). Semi-structured interviews were conducted both with the subject and the informants directly, by telephone, and via WhatsApp short messages. The results showed that some of the sub-personalities underlying a person involved in FWB include victims of parental loss, loss of affection, denial, brooding, sad, wasted, lonely, happy maker, unpalatable, obedient, popular, center of attention, pecarian, lover, spoiled, addicted, naughty, obedient, innocent, ignorant, betrayed and single.

Keywords: Friend With Benefit, Subpersonality, Ignored.



INTRODUCTION

Casual relationships are gaining increasing acceptance by today's youth (Manning, Giordano, & Furthermore, in Gusarova at.al, 2012). One type of relationship is "friends with benefits", defined as "a new relational style that combines aspects of friendship and physical intimacy" (Owen & Fincham in Gusarova at.al, 2012). FWB first appeared in the city of Los Angeles, which originated from a Hollywood production film entitled "Friend With Benefit".

The beginning of the friendship with benefits relationship can be through digital media, you can use various applications such as Tinder, Badoo, Michat, okCupid, Beetalk, anonymous. They make introductions through cyberspace which will later continue into the real world.

In the literature, FWB has been uniformly characterized by (a) sexual intimacy, (b) ongoing friendship, and (c) desire or agreement between participants to avoid formal romantic commitments (Bisson & Levine, 2009; Hughes et al., 2005; Lehmler, VanderDrift, & Kelly, 2011; Owen & Fincham, 2011, in Gusarova at.al).

Consequently, most academic investigations into the friendship with beneficial relationship (FWB) phenomenon have only taken place in the last decade (Weaver, MacKeigan, & MacDonald, 2011, in Gusarova at.al).

Psychologically, FWB relationships occur over a short period of time and are not based on commitment with the aim of avoiding conflict. Research on FWB in relation to personality is still minimal. This research aims to explain the sub personality of FWB.

LITERATURE REVIEW

In previous studies, researchers conducted research on sub-personalities in relation to emotions and physical complaints experienced by research subjects. In this study, sub-personalities are related to certain emotions and physical complaints. In this study, researchers wanted to get an overview of sub-personalities in subjects with friendship ties known as Friends with benefits.

METHOD

This research is a qualitative research with a phenomenological approach. Data collection was carried out through interviews using a sub personality checklist compiled by Hendro Prabowo and Nosanferi to explore the experiences of informants related to the



relationship Friends with benefits. Interviews were conducted three times with one face-to-face meeting and two telephone calls via the WhatsApps application. The informant in this study is a person who has been involved in a friends with benefits relationship for three years.

The credibility of this research is obtained through member check. Member check according to Sugiyono (2011) is the process of checking data obtained by researchers to data providers. The purpose of member checking is to find out how far the data obtained is in accordance with what is provided by the data provider. This member check is carried out by researchers after the data has been processed or collected.

The implementation of this research begins with identifying problems, determining informants, making agreements with informants, providing sub-personality checklists, interviews to deepen the results of informant checklists, processing checklist data, conducting member checking, adjusting data with informants, generating theory in discussion. This research is a qualitative research with a phenomenological approach with the aim of revealing the experiences of someone who is involved in a Friends with Benefit relationship.

RESULT AND DISCUSSION

The informant was born in Nganjuk in 2001. The informant's father is a trader and his mother is a housewife. The informant's father comes from the city of Nganjuk while his mother comes from Jakarta. After birth, the informant lived with his father, mother and grandparents. The informant's family at that time was an affluent and harmonious family so that the informant lived happily in that family. At the age of 6, the informant had a younger brother. Not long after the birth of her sister, the informant's mother left her family to live in Jakarta. The informant felt that he had lost the love of a mother. He feels lonely because his father is also busy working, even though his father does it to fulfill his needs. With the existence of his younger brother, the informant has the demands of being an older brother, expected to be a caregiver, role model, encouragement, regulator, mediator and protector when his younger sibling is having problems, responsibilities, and also a protector for his younger sibling. So that he is charged with circumstances and makes himself depressed and idealistic. In addition, he is also expected and relied upon, making him wise in his family.

Starting from there, the informant became a child who was humorous when with his friends, so that he became a child who made people around him happy and from there he was



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popular in his environment and also became the center of attention by people around him so that, making the informant behave jaim when he was about to do something. an action. In addition to being a humorous child, the informant is a seeker of happiness by liking snacks, shopping, and treating his friends so that it makes himself extravagant and satisfying for them, even though the informant is able to become a leader for his friends so that he can be a good child. dominant every time they are in a new environment. The informant becomes impatient with friends and people around him, this makes him a helper for those who need it, one of which is that he is able to be a listener as well as a solution provider for those who need a place to tell stories, become their encouragement and be able to keep their secrets, so that he able to be a savior and also a healer for friends and those around him who are experiencing a problem.

The informant also likes to drive on the road with speed. In fact, he has an addiction to psychoactive substances. finally from there he was also addicted to what he had done and made him always postpone all his tasks and he realized that what he was doing was a deviant thing so he considered himself naughty. From there he was indifferent to his own health because he was busy looking for happiness outside so that it made him sick. Not only a seeker of happiness but he is also a lover seeker, and when he finds the person he loves, he becomes a possessive, spoiled and jealous partner, it's not enough that he is also an innocent child when he enters the world of love so he is easy to get along with. betrayed and made him a fool for what he had done and finally he returned single. He is also a person who does not like anyone, so he becomes an obedient person and has to make adjustments in his environment. Anjani is forced to live her life as a sensitive, sensitive person, making her sad and angry when someone offends her and then makes her spontaneously express her distaste for a defense.

He was once a rebel and denies why his mother had to leave while he was a child who wanted to be the same as his friends who were still accompanied by his mother, besides that this had carried over to this day where he became a rebellious child and denied when in a situation or condition that he thought was not exactly. He also sometimes becomes a child who debates and dares to take risks when in the environment or in the organizations he joins. So that makes him a confident person and dare to take risks. He also likes to contemplate, observe his surroundings and think about what he has experienced so far and what he will do



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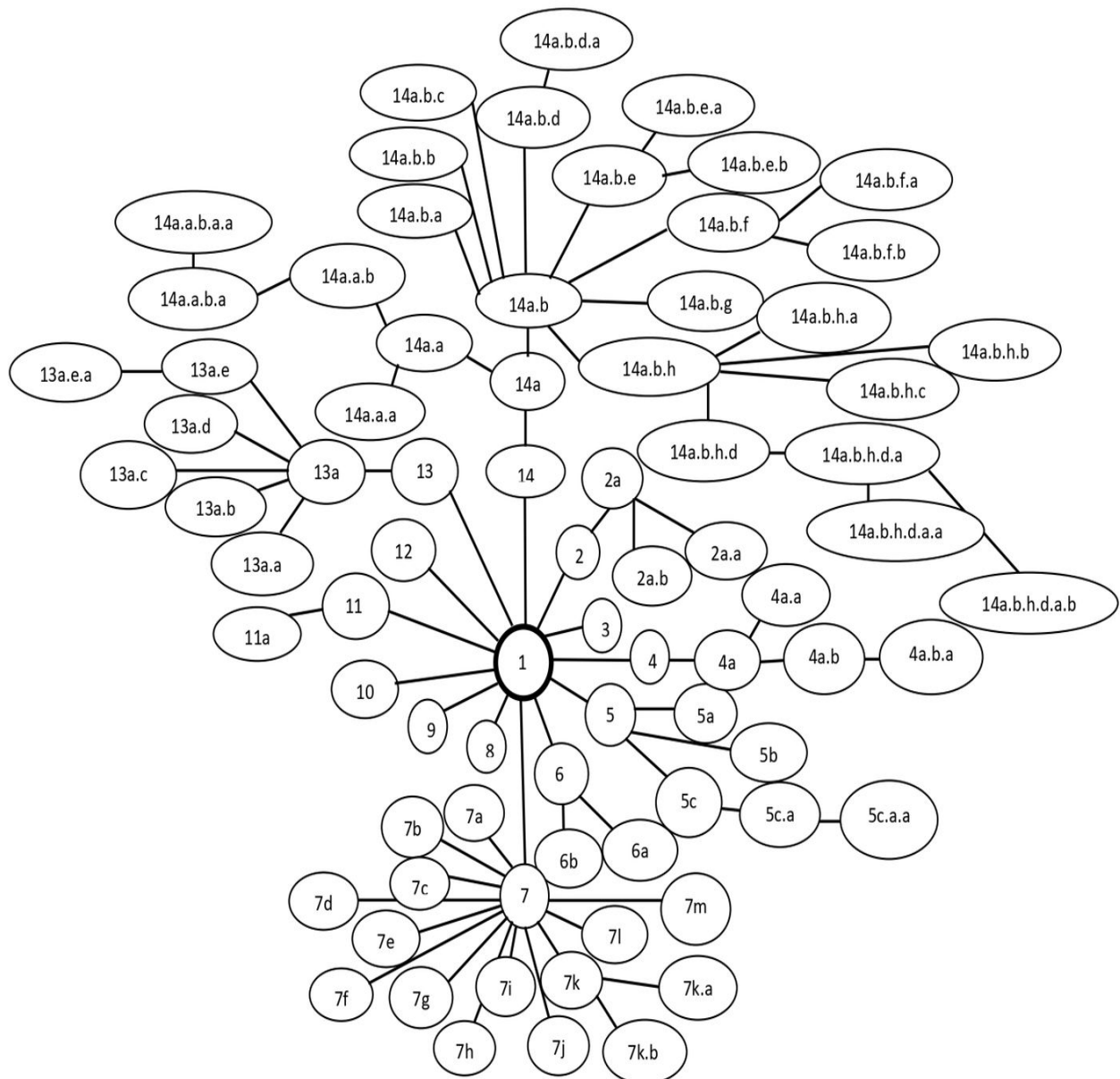
in the future, and that makes him careful and must first analyze every problem that occurs before he makes a decision. and it also makes it critical in certain situations and conditions.

Behind all the things that happened he became a patient person in all things, and was able to understand if what he wanted was not in accordance with what he expected so he accepted all of it with grace.

Based on the explanation above, the informant is not aware that he is looking for happiness by running away, causing him to experience dependence (addiction) such as to girlfriends, alcohol, cigarettes, organizations, and caring environments. With his escape the subject does not get true happiness. This is in line with what is explained by Rueffler (1995) that a person is completely unaware of which sub-personality is dominating his life. This unconsciousness makes it difficult for the informant to control his habits (such as dependence on liquor, cigarettes, girlfriends, organizations and the environment that gives him full attention).

Figure 1. Subpersonality Diagram of FWB

Description:



- | | | |
|------------------------------|--------------------|------------------------|
| 1. Victims of Losing Parents | 7j. Intermediary | 14ab. Seeker |
| 2. Debate | 7k. Sued | 14aba. Driver |
| 2a. Daredevil | 7ka. Stressed | 14abb. Satisfaction |
| 2aa. Self-confident | 7kb. Idealist | 14abc. Sick |
| 2ab. Riks taker | 7l. Reliable | 14abd. Leader |
| 3. Rebel/ Denial | 7m. Responsibility | 14abda. Dominant |
| 4. Sensitive | 8. Orphans | 14abe. Addicted |
| 4a. Taste | 9. Wasted | 14abea. procrastinator |
| | 10. Independent | 14abeb. Naughty |



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| 4aa. Sad
4ab. Angry person
4aba. Spontaneous
5. Likes to contemplate
5a. Dreamer
5b. Observer
5c. Thinker
5ca. Analyzer
5caa. Critical
6. Patient
6a. Understandably
6b. <i>Thank you</i>
7. Brother
7a. Protector
7b. Protector
7c. Back down
7d. Regulator
7e. Wise
7f. Encourager
7g. Role mode
7h. caretaker
7i. Expected | 11. Vengeful
11a. Haters
12. Get into debt
13. Don't have the heart
13a. Helper
13aa. Secret keeper
13ab. Savior
13ac. Healer
13ad. Encourager
13ae. Listener
13aea. Solution
provider
14. Lost affection
14a. Lonely
14aa. humorous
14aaa. Happy maker
14aab. Populer
14aaba. Center
of attention
14aabaa. Take care
of image | 14abf. Uncomfortable
14abfa. Adjustment
14abfb. Submissive
14abg. Wasteful
14abh. Lover
14abha. Possessive
14abhb. Spoiled
14abhc. Jealous
14abhd. Complaint
14abhda. Betrayed
14abhdaa. Dumb
14abhdab. Single |
|--|--|---|

Figure 1 explains that the sub-personalities of the informants involved in the friend-benefit relationship are victims of loss of parents, loss of affection, denial, contemplative, sad, wasted, lonely, happy maker, uncomfortable, obedient, popular, center of attention, search, lover, spoiled, satisfied, addicted, naughty, obedient, innocent, stupid, betrayed and single. This explains what is explained by Rueffler (1995) that the sub-personality appears in the informant with the aim of fulfilling the expectations, desires and needs of the informant to form a friend-benefit relationship with others. These hopes, desires and needs are fulfilled by the informant through a friend-to-benefit relationship.

Table 1. FWB Subpersonalities By Developmental Stage

No	Period	Role
1.	Kindergarten	Sad, brooding, big brother, independent, lost love, lonely, humorous, extravagant, spoiled, obedient, Lost parents (mother).
2.	Primary school	Sad, brooding, big brother, depressed, independent, deprived of affection, lonely, humorous, seeker, wasteful, spoiled, submissive, victim..
3.	Junior high school	Courageous, confident, feeling, sad, brooding, dreamer, thinker, brother, protector, protector, succumb, encourager, role model, caregiver, patient, depressed, independent, can't bear, helper, listener, keeper of secrets, loss of affection, lonely, humorous, popular, happy



		maker, center of attention, leader, extravagant, lover, spoiled, jealous, uncomfortable, submissive, adaptable. Lost parents, victims
4.	High school	Debater, brave, confident, risk taker, denial, sensitive, sensitive, sad, hot-tempered, spontaneous, brooding, dreamer, observer, thinker, analyzer, patient, forgiving, accepting, older brother, protector, protector, yielding, wise, encouraging, role model, caregiver, expected, mediator, sued, pressured, responsibility, orphan, wasted, independent, vindictive, hater, in debt, can't bear to be, helper, listener, solution provider, cheerleader, healer, savior, secret keeper, loss affectionate, lonely, humorous, popular, happy maker, center of attention, keep an image, seeker, satisfier, rider, sickly, leader, dominant, extravagant, addicted, procrastinator, mischievous, lover, possessive, spoiled, jealous, innocent, unpleasant, submissive, adaptable. Lost parents, victims.
5.	Undergraduate	Debater, brave, confident, risk taker, rebel, denial, sensitive, sensitive, sad, hot-tempered, spontaneous, brooding, dreamer, observer, thinker, analyzer, critical, patient, forgiving, accepting, older brother, protector, protector, yielding, regulator, wise, encouragement, role model, caregiver, expected, mediator, demanded, pressured, idealistic, dependable, responsible, administrator, orphan, independent, can't bear, helper, listener, solution provider, cheerleader, healer, savior, guard secretive, deprived of affection, lonely, humorous, popular, pleaser, center of attention, keep an image, seeker, satisfier, rider, sickly, leader, dominant, extravagant, addicted.

Based on table 1, it is explained that several sub-personalities of the subject are active repeatedly at each stage of the subject's development. In principle, sub-personalities are formed through a process of repetition. That's because in principle sub personality is formed through a process of continuous repetition (Rueffler, 1995).

CONCLUSION

- A person's sub personality with a friend with benefit relationship is a victim of losing parents, losing affection, denial, brooding, sad, wasted, lonely, happy maker, uncomfortable, submissive, popular, center of attention, searcher, lover, spoiled, satisfied, addicted, naughty, obedient, innocent, stupid, betrayed and single.
- Old sub-personalities can grow and develop in them new sub-personalities which are the result of a response to the environment of a particular situation that is experienced.
- Subpersonalities can be active repeatedly at each stage of development.



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