

## ABSTRACT

**Cathrine Diva Theresia (705110094)**

**Happiness in Early Adult Who Undergo Long Distance Relationship; Debora Basaria, M.Psi; Undergraduate Program in Psychology, Tarumanagara University, (i-x; 111 Pages; R1-R7; Appdx 1-16)**

Long distance relationship is a relationship that is not easy to run and is a big challenge for early adult who undergo dating relationships. Especially when a person is undergoing such relationships lacking a good sense of well-being and happiness in her. This research aims to give an overview about happiness of early adult who undergo long distance relationship. Happiness is something more than an achievement due in fact happiness is always associated with better health, higher creativity and better workplace (Diener, 2005). Happiness needs to be owned by couples who undergo long distance relationship to be able to persist in living relationships. The method called in-depth interview was conducted towards three early adult (aged from 20 to 40 years old) who underwent a long distance relationship. This study lasted for six months, started from Mei 2016 until November 2016. The results showed that the three subjects have all three aspects of happiness. Generally, the three subjects experienced happiness in running long distance relationship.

*Keywords: Happiness, Long Distance Relationship, and Early Adult.*