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ORIGINAL



The role of interpersonal skills and massage therapist competence on service quality: the mediating role of customer satisfaction

El papel de las habilidades interpersonales y la competencia del masajista en la calidad del servicio: el papel mediador de la satisfacción del cliente

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ABSTRACT

Customer satisfaction is a fundamental determinant of sustainability and competitiveness in the spa industry. Interpersonal skills and therapist competence are key factors influencing both the emotional experience of clients and their assessment of service quality. However, therapists often face challenges such as limited communication skills, inconsistent massage techniques, and a lack of professionalism, which may reduce satisfaction and loyalty while weakening the industry's image. This study aims to examine the influence of interpersonal skills and therapist competence on service quality, with customer satisfaction serving as a mediating variable. A quantitative ex-post facto design was applied with a sample of 100 respondents, comprising 50 certified spa therapists and 50 spa customers in Yogyakarta, selected through probabilistic random sampling. Data were collected using an online questionnaire with a four-point Likert scale. The instrument was tested for validity and reliability, and data analysis was performed using Structural Equation Modeling (SEM) with SmartPLS 3 to evaluate variable relationships and mediation effects. The results indicate that both interpersonal skills and therapist competence significantly affect customer satisfaction. Therapist competence also directly influences service quality, whereas interpersonal skills do not. Furthermore, customer satisfaction functions as a significant mediator linking both interpersonal skills and therapist competence to service quality. This study highlights the importance of improving therapist competence in parallel with strengthening interpersonal skills to enhance customer satisfaction and overall service quality. The findings contribute practically to the development of standardized spa services and theoretically by integrating service management and wellness perspectives.

Keywords: Interpersonal Skills; Massage Therapist Competence; Customer Satisfaction; Service Quality.

RESUMEN

La satisfacción del cliente es un factor fundamental para la sostenibilidad y la competitividad en la industria del spa. Las habilidades interpersonales y la competencia de los terapeutas son elementos clave que influyen tanto en la experiencia emocional de los clientes como en su evaluación de la calidad del servicio. Sin embargo, muchos terapeutas aún enfrentan desafíos como limitaciones en la comunicación, técnicas de masaje inconsistentes y falta de profesionalismo, lo que puede disminuir la satisfacción, debilitar la lealtad y afectar la imagen del sector. El objetivo de este estudio es analizar la influencia de las habilidades interpersonales y la competencia de los terapeutas en la calidad del servicio, considerando la satisfacción

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del cliente como variable mediadora. Se aplicó un diseño cuantitativo ex post facto con una muestra de 100 participantes, compuesta por 50 terapeutas de spa certificados y 50 clientes en Yogyakarta, seleccionados mediante muestreo probabilístico aleatorio. Los datos se recopilaron mediante un cuestionario en línea con escala Likert de cuatro puntos. El instrumento fue validado y se verificó su fiabilidad. El análisis se realizó con Modelado de Ecuaciones Estructurales (SEM) utilizando SmartPLS 3 para evaluar las relaciones entre variables y el efecto de mediación. Los resultados muestran que tanto las habilidades interpersonales como la competencia del terapeuta influyen significativamente en la satisfacción del cliente. Además, la competencia tiene un efecto directo sobre la calidad del servicio, mientras que las habilidades interpersonales no. La satisfacción del cliente actúa como mediador significativo entre ambas variables y la calidad del servicio.

Palabras clave: Habilidades Interpersonales; Competencia del Terapeuta de Masaje; Satisfacción del Cliente; Calidad del Servicio.

INTRODUCTION

Customer satisfaction is widely recognized as a key determinant of business sustainability, competitiveness, and long-term growth. (1,2,3) Organizations that are able to maintain high levels of customer satisfaction generally achieve greater customer loyalty, positive reputation, and improved financial performance. (4,5,6,7) In the service sector, especially in the spa industry, customer satisfaction is crucial because services are delivered directly through human interaction. (8) Therapists play a central role in shaping the customer's experience, which directly impacts perceived service quality. (8,9)

Despite its importance, many spa businesses face persistent challenges. (10) Customers frequently report dissatisfaction due to ineffective communication, inconsistent massage techniques, limited explanation of treatment procedures, and insufficient attention to individual preferences. (10) A recent survey by the Indonesian Spa Association found that 72 % of customer complaints were caused by human error, including therapists' inability to clearly explain treatment steps, repeated mistakes in product application, and the absence of standardized operational procedures. Similar findings in international studies show that more than half of service complaints in spas are linked to therapists' deficiencies in soft skills. (11) These problems highlight the urgent need to strengthen both interpersonal skills and technical competence among spa therapists. (10)

From a theoretical perspective, the Resource-Based View (RBV) explains that human resources can serve as a source of sustainable competitive advantage if they possess valuable, rare, inimitable, and non-substitutable qualities. In this context, therapists' interpersonal skills and professional competence are strategic internal resources that contribute to superior service quality and customer satisfaction. Empirical research also supports the mediating role of satisfaction in linking staff competence and interpersonal interactions with customer loyalty. Nevertheless, existing studies rarely focus specifically on the spa industry in Indonesia, where cultural expectations, training standards, and service delivery models differ from those in other countries.

Although several studies have explored the relationship between service quality, satisfaction, and loyalty in hospitality and healthcare services, three critical gaps remain in the context of massage therapy. (19) First, limited research examines how therapists explain treatment procedures in a way that integrates medical and wellness perspectives. (20) Second, little is known about therapists' awareness of contraindications in treatments. (21) Third, there is no comprehensive model that combines interpersonal skills with technical competence to enhance service quality through customer satisfaction. (22)

This study is important because the spa industry in Indonesia is growing rapidly and requires therapists who are not only technically competent but also capable of building effective interpersonal communication with clients. Without adequate interpersonal skills, customer expectations remain unmet, which can reduce satisfaction and threaten the sustainability of spa businesses. Furthermore, previous research has emphasized the role of interpersonal skills and competence separately, but few have integrated both dimensions in a single model that considers customer satisfaction as a mediator. By addressing this gap, the study provides insights that are both theoretically relevant and practically useful for improving service standards in the spa industry.

This study aims to analyze the influence of interpersonal skills and therapist competence on service quality, with customer satisfaction as a mediating variable.

METHOD

Research Design

This research employed a quantitative observational study with an ex-post facto design. The study was non-experimental, as it analyzed phenomena that had already occurred without manipulating variables. This design was chosen to evaluate the relationships among interpersonal skills, therapist competence, customer

satisfaction, and service quality in the spa industry.

Population and Sample

The population of this study consisted of spa therapists and spa customers in Yogyakarta. The sample included 50 certified spa therapists and 50 spa customers, selected from eight spa businesses that met legal and certification requirements. Participants were chosen using probabilistic random sampling to ensure equal opportunity for inclusion.

Variables

Independent Variables

Interpersonal Skills (problem solving, openness, initiative)

Therapist Competence (technical, digital, professional, and social competence).

Mediating Variable

Customer Satisfaction (expectations, perceived performance, and comparison between expectations and reality).

Dependent Variable

Service Quality (tangibles, reliability, assurance, responsiveness, empathy).

Conceptual Framework

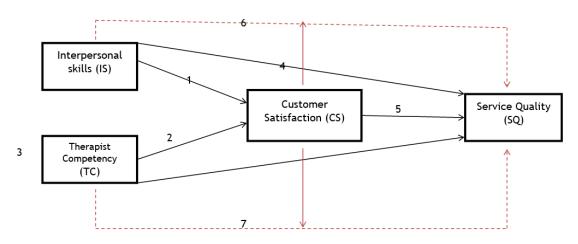


Figure 1. Preliminary Research Concept

Hypotheses Development

Based on the conceptual framework illustrated above, the following research hypotheses are formulated:

	Table 1. Formulated hypotheses				
H ₁	Interpersonal Skills (IS) have a significant positive influence on Customer Satisfaction (CS)				
H ₂	Therapist Competence (TC) has a significant positive influence on Customer Satisfaction (CS)				
H_3	Therapist Competence (TC) has a significant positive influence on Service Quality (SQ)				
H ₄	Interpersonal Skills (IS) have a significant positive influence on Service Quality (SQ).				
H ₅	Customer Satisfaction (CS) has a significant positive influence on Service Quality (SQ).				
H ₆	Interpersonal Skills (IS) indirectly influence Customer Satisfaction (CS) through Service Quality (SQ).				
H ₇	Therapist Competence (TCS) indirectly influence Customer Satisfaction (CS) through Service Quality (SQ).				

Instrument

The instrument used in this study was a structured questionnaire developed based on established scales. Items were measured using a 4-point Likert scale (1 = strongly disagree to 4 = strongly agree). Content validity was ensured through expert review, while construct validity and reliability were tested using outer loadings, Cronbach's Alpha, Composite Reliability, and Average Variance Extracted (AVE).

Data Collection Procedures

Data were collected between July and August 2024 through online questionnaires distributed via Google Forms. Before participation, respondents were informed about the study's objectives and provided informed consent. The indicator framework for each variable is presented in the table below:

Table 2. Instrument Grid					
Variable	Indicators	Code	Ref		
Interpersonal Skills (IS)	Complex problem solving Opening Up Initiative	IS1 IS2 IS3	(23)		
Therapist Competence (TC)	Digital Technical Professional Staff Social	TC1 TC2 TC3 TC4	(24)		
Customer Satisfaction (CS)	Customer's expectations before consumption	CS1	(25)		
	Actual performance of the product or service	CS2			
	Comparison between expectations and reality	CS3			
Service Quality (SQ)	Tangibles Reliability Assurance Responsiveness Empathy	SQ1 SQ2 SQ3 SQ4	(26)		

Data Analysis

Data analysis was conducted using Structural Equation Modeling (SEM) with SmartPLS 3 software. The analysis included (1) instrument validity and reliability tests, (2) evaluation of model fit using SRMR and NFI indices, (3) testing of direct and indirect effects among variables, and (4) mediation testing of customer satisfaction.

Ethical Considerations

The research adhered to ethical standards in social science studies. Participation was voluntary, anonymity and confidentiality of data were guaranteed, and no sensitive personal information was collected. Ethical approval was obtained from the Faculty of Vocational Studies, Yogyakarta State University.

RESULTS

Instrument Validity and Reliability

All measurement instruments met the required validity and reliability standards. Outer loadings exceeded 0,70, Cronbach's Alpha and Composite Reliability values were above 0,70, and AVE values surpassed 0,50. These results confirmed that all constructs used in this study were valid and reliable for further analysis. The relationships among variables are illustrated in figure 2.

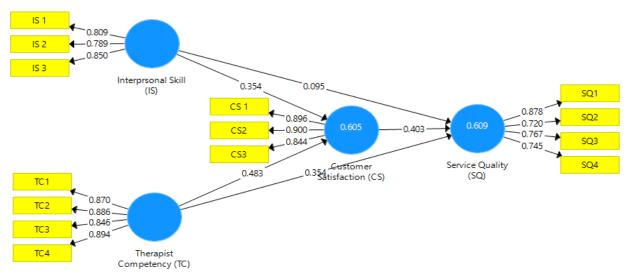


Figure 2. SEM Analysis

Detailed results of the validity and reliability tests are presented in table 3.

Table 3. Outer Loading, Composite Reliability, dan Average Variance Extracted						
Variable	Item	Outer Loading	Decision	Cronbach's Alpha	Composite Reliability	AVE
Interpersonal Skills(IS)	IS 1 IS 2 IS 3	0,809 0,789 0,850	Valid Valid Valid	0,752	0,857	0,666
Therapist Competence (TC)	TC 1 TC 2 TC 3 TC 4	0,870 0,886 0,846 0,894	Valid Valid Valid Valid	0,897	0,928	0,764
Customer Satisfaction (CS)	CS 1 CS 2 CS 3	0,896 0,900 0,844	Valid Valid Valid	0,857	0,912	0,775
Service Quality (SQ)	SQ 1 SQ 2 SQ 3 SQ 4	0,878 0,720 0,767 0,745	Valid Valid Valid Valid	0,783	0,861	0,608

Model Fit Evaluation

The model demonstrated an acceptable fit, with an SRMR value of 0,094 (below the 0,10 threshold) and an NFI value of 0,685, which is considered relatively close to 1. These indices indicate that the model was adequate for hypothesis testing.

Direct Effect Testing

The analysis revealed that interpersonal skills significantly influenced customer satisfaction (p = 0,030). Therapist competence had a stronger effect on customer satisfaction (p = 0,000) and also positively affected service quality (p = 0,007). In contrast, interpersonal skills did not have a significant direct effect on service quality (p = 0,286). Customer satisfaction itself had a significant effect on service quality (p = 0,005). These results are detailed in table 4 below.

Table 4. Hypothesis Testing and Direct Effects							
Hipotesis	Path Coefficient	p-value	95 % Confidence Interval Path Coefficient	f-square			
H_1 . Interpersonal Skill (IS) \rightarrow Customer Satisfaction (CS)	0,354	0,030	0,560	0,152			
H_2 . Therapist Competence (TC) \rightarrow Customer Satisfaction (CS)	0,483	0,000	0,682	0,283			
H_3 . Therapist Competence (TC) \rightarrow Service Quality (SQ)	0,354	0,007	0,578	0,120			
H_4 . Interpersonal Skills (IS) \rightarrow Service Quality (SQ)	0,095	0,286	0,401	0,010			
H_5 . Customer Satisfaction (CS) \rightarrow Service Quality (SQ)	0,403	0,005	0,625	0,164			

H1. Interpersonal Skill (IS)→ Customer Satisfaction (CS)

Interpersonal Skills (IS) have a positive and significant effect on Customer Satisfaction (CS), with a path coefficient of 0,354. The p-value (0,030) < 0,05 confirms statistical significance. The effect size (f^2) of 0,152 indicates that interpersonal skills contribute a moderate effect to the variance in customer satisfaction.

H2. Therapist Competence (TC) \rightarrow Customer Satisfaction (CS)

Therapist Competence (TC) has a positive and highly significant effect on Customer Satisfaction (CS), with a path coefficient of 0,483. The p-value (0,000) < 0,05 confirms a strong level of statistical significance. The effect size (f^2) of 0,283 suggests that therapist competence contributes a substantial effect to the variance in customer satisfaction.

H3. Therapist Competence (TC) \rightarrow Service Quality (SQ)

Therapist Competence (TC) also has a positive and statistically significant impact on Service Quality (SQ), with a path coefficient of 0,354. The p-value (0,007) < 0,05 confirms the significance of this relationship. The effect size (f^2) of 0,120 indicates a moderate contribution of therapist competence to the variance in service

quality.

H4. Interpersonal Skills (IS) \rightarrow Service Quality (SQ)

Although Interpersonal Skills (IS) show a positive path coefficient of 0,095 toward Service Quality (SQ), the relationship is not statistically significant, as indicated by a p-value of 0,286 (> 0,05). Therefore, no significant direct effect is observed.

H5. Customer Satisfaction (CS) \rightarrow Service Quality (SQ)

Customer Satisfaction (CS) demonstrates a positive and significant effect on Service Quality (SQ), with a path coefficient of 0,403. The p-value (0,005) < 0,05 indicates a statistically significant relationship. The effect size (f^2) of 0,164 suggests a moderate impact of customer satisfaction on the variance in service quality.

Indirect Effect Testing

H6. Interpersonal Skill (IS) \rightarrow Customer Satisfaction (CS) \rightarrow Service Quality (SQ)

The indirect effect of Interpersonal Skills (IS) on Service Quality (SQ) through Customer Satisfaction (CS) was found to be statistically significant (p-value = 0.043 > 0.05). The V Upsilon value of 0.0203 indicates that the mediating effect of Customer Satisfaction in this relationship is considered low.

H7. Therapist Competence (TC) \rightarrow Customer Satisfaction (CS) \rightarrow Service Quality (SQ)

The indirect effect of Therapist Competence (TC) on Service Quality (SQ) through Customer Satisfaction (CS) was also statistically significant (p-value = 0.047 < 0.05). The V Upsilon value of 0.0378 also indicates a low level of mediation effect by Customer Satisfaction. These results are detailed in Table 5 below.

Table 5. Hypothesis Testing and Indirect Effects					
Hypothesis	p-value	95 % Confidence Interval Path Coefficient	V Upsilon		
H_6 . Interpersonal Skill (IS) \rightarrow Customer Satisfaction (CS) \rightarrow Service Quality (SQ)	0,043	0,297	0,0203		
H_7 . Therapist Competence (TC) \rightarrow Customer Satisfaction (CS) \rightarrow Service Quality (SQ)	0,047	0,321	0,0378		

DISSCUSION

The findings of this study confirm that both therapist competence and interpersonal skills are critical factors influencing customer satisfaction in the spa industry. However, therapist competence demonstrated a stronger direct effect on both satisfaction and service quality, thereby supporting the Resource-Based View (RBV) theory, which emphasizes that unique and inimitable human resources provide sustainable competitive advantage. (7) Competent therapists who possess technical, digital, and professional expertise are able to deliver consistent and reliable services, which directly enhances perceived service quality. In contrast, interpersonal skills, while significant for customer satisfaction, did not have a direct effect on service quality. This result contrasts with the findings of Lin et al. (10), who identified interpersonal interaction as a determinant of service quality in hospitality settings. A possible explanation is that in spa services, customers may perceive technical performance as the primary indicator of service quality, whereas interpersonal communication is valued more for emotional fulfillment. This interpretation is supported by Mishra and Panda (18), who demonstrated that customer-therapist relationships in wellness resorts enhanced satisfaction but required technical competence to be translated into perceptions of high service quality.

In addition, the mediating role of customer satisfaction highlights that service quality is shaped not only by direct interactions but also by the extent to which customer expectations are met or exceeded. This finding is consistent in the hotel sector⁽¹⁵⁾ and ⁽²⁰⁾ in technology services ⁽¹⁶⁾ both of whom found that satisfaction mediates the relationship between service quality and loyalty. Further evidence from different contexts reinforces this perspective. For example, demonstrated that product quality and pricing significantly influenced customer satisfaction and loyalty among Mixue beverage consumers in Sukabumi, Indonesia, with satisfaction serving as a mediator. ⁽²⁷⁾ Similarly, ⁽¹⁰⁾ revealed that nonverbal customer-to-customer interaction enhanced emotional responses, ultimately improving satisfaction, while ⁽²⁸⁾ reported that the use of clear and concrete language by employees increased satisfaction by 9 % and customer spending by 13 %. International studies also affirm this multidimensional view of satisfaction. In Tunisia, ⁽²⁹⁾ demonstrated a strong correlation between service quality and satisfaction in Islamic banking, showing that tangible service elements remain critical even in increasingly digitalized environments. Likewise, ⁽³⁰⁾ revealed that experiential quality shaped perceived value, satisfaction,

and loyalty in cafés in Malang. Collectively, these findings suggest that customer satisfaction is influenced by both tangible elements (e.g., product quality, price, facilities) and intangible dimensions (e.g., communication, interaction, experience), underscoring the need for a holistic approach to understanding satisfaction.

From a theoretical standpoint, this study extends the RBV framework by demonstrating that human resources—particularly therapist competence and interpersonal skills—function as strategic internal resources in service-based businesses. The SERVQUAL model further supports the centrality of service quality dimensions—tangibility, reliability, responsiveness, assurance, and empathy—in establishing and sustaining competitive advantage. (26) The Customer Satisfaction Index also emphasizes the mediating role of satisfaction in linking service quality to loyalty. (31) Moreover, human resource competence, encompassing knowledge, skills, and attitudes, has been shown to positively influence employee commitment and performance. (32) Higher levels of commitment, in turn, strengthen organizational performance by ensuring the consistent delivery of quality services. Taken together, the integration of RBV, SERVQUAL, and HR competence provides a robust theoretical framework that explains how therapist attributes contribute to enhanced service quality and sustainable competitiveness.

From a practical perspective, the findings offer actionable implications for spa managers and practitioners. First, continuous professional development should be prioritized, with a particular emphasis on strengthening technical, digital, and professional competence. Second, while technical performance is critical, interpersonal communication skills should also be reinforced, as they significantly influence customers' emotional satisfaction. Training programs that integrate technical expertise with soft skills may lead to a more comprehensive and customer-centered service delivery model. Comparative evidence from Malaysia shows that structured training programs reduced customer complaints by up to 40 %, suggesting that similar strategies could be implemented in Indonesia to improve service standards in the spa sector. In this sense, the integration of competence-based training not only reduces dissatisfaction but also enhances customer trust, fosters loyalty, and strengthens the overall sustainability of spa businesses in a competitive marketplace.

Nevertheless, several limitations of this study should be acknowledged. First, the relatively small sample size, drawn only from spas in Yogyakarta, limits the generalizability of the findings. Second, the reliance on self-reported questionnaires may introduce response bias, as participants' perceptions do not always fully reflect actual service quality or satisfaction. Third, the cross-sectional research design restricts the ability to establish causal relationships among the variables. Future studies should expand the sample to include spas in other regions, adopt longitudinal approaches to track changes over time, and incorporate qualitative methods to gain deeper insights into therapist-customer interactions. Despite these limitations, this study makes important contributions. Theoretically, it integrates service management and wellness practices within the RBV and SERVQUAL frameworks, demonstrating how technical competence and interpersonal skills jointly contribute to service quality and satisfaction. Practically, it highlights the need for a holistic service strategy that addresses both functional and emotional dimensions of the customer experience. By adopting this integrated approach, spa businesses can achieve higher levels of satisfaction, foster stronger loyalty, and secure long-term competitive advantage.

CONCLUSIONS

This study concludes that both interpersonal skills and therapist competence are essential elements in shaping customer experiences in the spa industry. While therapist competence directly enhances service quality, interpersonal skills play a more significant role in fostering customer satisfaction, which in turn mediates the improvement of service quality. These findings highlight that technical expertise alone is not sufficient; emotional engagement and communication with clients are equally important for achieving customer-centered service delivery. Results contribute to the literature by integrating service management theories with health and wellness practices, offering a balanced perspective that combines technical and humanistic dimensions. Practically, the study suggests that spa businesses should invest in integrated training programs that strengthen both professional competence and interpersonal communication of therapists. Such efforts are expected to increase customer satisfaction, improve service quality, and support the long-term sustainability of the spa industry.

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CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

AUTHORSHIP CONTRIBUTION

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Methodology: Septiari Nawanksari, Ali Satia Graha.

Project management: Septiari Nawankari, Komarudin, Ali Satia Graha.

Resources: Septiari Nawanksari.

Software: Septiari Nawanksari. Supervision: Komarudin. Validation: Ali Satia Graha.

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