International Journal of Education, Vocational and Social Science
https://e-journal.citakonsulindo.or.id/index.php/IJEVSS
E-ISSN : 2963 4954
IJEVSS

Description Of Perceptions About Marriage Adjustment In Early Adult Individuals

Novita Maulidya Jalal[1]
[1]Faculty of Psychology, Makassar State University

Correponding Author: novitamaulidyajaal@unm.ac.id

Abstract

This study aims to describe the perceptions of marriage from individuals who are in their early adulthood and adjustments to the marriage problems they face. This study uses a qualitative research method, namely by interview. Based on interviews that have been conducted on two subjects who are married in early adulthood, it gives a picture of marriage as the beginning of a new life, as well as the first step to becoming parents. The subjects of this study consisted of 2 people who were early adults. The results showed that the subject's perception of marriage was that the subject considered marriage as one of the best steps to have children and form a family. The subject also stated that in marriage there are things that are easy to learn such as the subject does not experience difficulties in adapting to his partner's family. However, the subject also considers that marriage also has challenges, namely obstacles at the beginning of marriage such as dividing time with education and the economy. The two subjects also said that adjustment to partners was carried out by building communication and mutual acceptance of differences between partners.

Keywords: marriage, early adulthood.

INTRODUCTION

The family as the smallest social institution, is the foundation and the initial investment to build social life and community life in general for a child. Within the family values and social norms are far more effectively applied than life outside the family environment. The active role of parents in children's development from when they are small until they grow into teenagers to early adults greatly determines how a child grows and develops in his environment (Santrock,

Copyright at authors some right reserved this work is licensed under a Creative Commons Attribution-Share Alike 4.0 International License

2007).

In the stages of development, Erikson (Indriani, 2014), early adulthood is a time when the conflict that arises is intimacy vs isolation, during this time early adulthood starts looking for a partner and getting married. In early adulthood, individuals will encounter many problems in life and these problems must be resolved properly. Olson & Defrain (in Indriani, 2014) Marriage is a legally committed relationship between two people who share feelings, various tasks, economic problems, and also share physically. There are various adjustments that must be made by early adult individuals when entering the marriage stage

In Law Number 1 of 1974 Article 1, it is explained that marriage is a husband and wife bond, physically and spiritually, between a man and a woman as husband and wife with the aim of forming a happy and eternal family (household) based on Belief in the One Supreme God. Marriage is one of the developmental tasks in early adulthood. According to Santrock (Indriani, 2014) that one of the stages of development that every human being will go through in early adulthood is building relationships and marriage. In early adulthood, which is in the age range of 20-40 years, individuals will choose their life partner and begin to learn to form a family by learning to live together with their husband or wife and their children.

Duvall and Miller (1985) state that marriage is a relationship between a man and a woman that is socially recognized in legalizing sexual relations and child rearing, as well as the division of labor relations between husband and wife. Olson and DeFrain (2006) also stated that the occurrence of marriage also has a function which concerns the rights and obligations of the husband and wife to be able to meet each other's needs, develop each other, and most importantly to be able to understand the meaning of marriage itself. Garrison (2010) also stated that every couple in a marriage must be able to understand that each partner has signed a bond of commitment to their partner that contains hope, loyalty, togetherness, and sharing with their partner. Nevertheless, the occurrence of various problems in the marriage is expected to strengthen the bond between husband and wife in realizing the vision and mission of their marriage.

When a couple experiences adjustment difficulties in their marriage, it will become a prolonged conflict and can lead to divorce (Bustan, 2015). Marriage adjustments are made by husband and wife throughout the marriage age. A marriage requires continuous adjustment because the differences in the couple make it difficult to live a married life, and even allow for conflict in marriage (Locke in Duvall, 2000). Individuals who decide to get married are to get a

Copyright at authors some right reserved this work is licensed under a Creative Commons Attribution-Share Alike 4.0 International License

life partner and achieve happiness and satisfaction in their life.

Atwater and Duffy (in Fitriyani, 2021) say happiness in marriage depends on what happens when a couple enters married life and how well they experience compatibility or compatibility with one another. Adjustment in marriage is very important for every couple.Based on the background of the problems above, the authors are interested in knowing more about the description of early adult marriage and their adjustment to the marriage problems they face.

RESEARCH METHODS

The research method used in this study is a qualitative approach method which is defined as a method in research used to describe, explain and examine the conditions of natural objects where the researcher is the key instrument of the research (Sugiyono, 2016). According to Sugiyono (2012) the qualitative research method is a research method used to examine natural object conditions, where the researcher is a key instrument, data collection techniques are carried out in a triangulation (combined) manner, data analysis is inductive, and qualitative research results emphasize meaning rather than generalization.

The subjects of this study were 2 informants, aged 22 years and 23 years. Data collection was carried out using the interview method and was carried out on May 30, 2022. The interview in this study began by asking the interviewees' willingness to be interviewed, then conducting a building report and asking for the identity of the subject. Interviews were conducted by asking questions according to the guide questions that had been made.

RESULTS AND DISCUSSION

Based on interviews that have been conducted on two subjects who are married in early adulthood, it gives a picture of marriage as the beginning of a new life, as well as the first step to becoming parents. The results showed that the subject's perception of marriage was that the subject considered marriage as one of the best steps to have children and form a family. The subject also stated that in marriage there are things that are easy to learn such as the subject does not experience difficulties in adapting to his partner's family. However, the subject also considers that marriage also has challenges, namely obstacles at the beginning of marriage such as dividing time with education and the economy. The two subjects also said that adjustment to partners was carried out by building communication and mutual acceptance of differences

Copyright at authors some right reserved this work is licensed under a Creative Commons Attribution-Share Alike 4.0 International License

between partners.

The description of early adult marriage according to the subject is the beginning of a new life, the first step to becoming parents, and forming a new family. The initial challenges faced by the resource persons were adjusting the time for their education and economic problems. This is in line with Olson and Defrain's theory (Indriani, 2014) which says that in a marriage there will be economic problems that must be adjusted by early adult couples in a marriage.

The adjustment in the partner's family was fairly smooth and there were no difficulties in the case of the source. As Atwater and Duffy (Fitriyani, 2021) said, happiness in marriage depends on what happens when a couple enters married life and how well they experience compatibility or compatibility with one another. Adjustment in marriage is very important for every couple. This is beneficial for the informant because the partner's family can adjust well so that the response received by the informant is also good.

Solving problems that occur in the subject's marriage is done by communicating problems, understanding each other and finding good solutions for their marriage relationship. This attitude of mutual adjustment and mutual understanding is in accordance with Locke's theory in Duvall (2000) which says that a marriage requires continuous adjustments because the differences in partners create obstacles in living married life, and even allow for conflict in marriage. Individuals who decide to get married are to get a life partner and achieve happiness and satisfaction in their life.

Perception is a process of identifying and interpreting a stimulus based on the information received. This information is received through the five senses, namely: sight, hearing, taste, touch, and smell (Stuart and Laraia, 2005).According to Notoadmodjo (2005), perception is influenced by one's experiences, expectations, and knowledge.

In line with that, Sarwono (2010) states that perception is the ability to distinguish, classify, focus information received through the senses, namely the nose, eyes, ears, tongue and skin. Perception takes place when a person receives a stimulus from the outside world which is captured by his auxiliary organs which then enters the brain. In it there is a thought process which in the end is manifested in an understanding. This understanding is called perception.King (2010), argues that perception is a process of organizing and interpreting sensory information to give meaning.

Lindgren (Ghufron, 2003) states that a person's behavior is determined by their perception and understanding of the situation associated with the goal. Individual behavior can

Copyright at authors some right reserved this work is licensed under a Creative Commons Attribution-Share Alike 4.0 International License

be predicted if it is known how the individual perceives the situation and what is expected. A person's behavior is determined by perceptions about themselves and their surroundings, so that what is done is a reflection of the surrounding environment, and perceptions can influence behavior. From the description above it can be concluded that perception is a way of viewing or observing and the process of receiving a stimulus, selecting, organizing, interpreting, testing, and reacting to a stimulus, so that what is done is a reflection of the surrounding environment, and perception can influence behavior.

Research conducted by Laurenceau and Barrett (2005) shows that marital adjustment is also influenced by self-disclosure and partner openness. The response given by a wife or husband to anything conveyed by their partner will have an impact on the willingness of the couple to be more open to their partner. In line with research conducted by Rachmawati and Mastuti (2013) individuals who are able to make good marital adjustments have a high level of marital satisfaction, one of the characteristics of achieving marital satisfaction is open communication, this is much needed in marital adjustments. Duval and Miller (1980) explained that marriage is a socially recognized relationship between a man and a woman, which legitimizes sexual relations and the opportunity to have children. The man and the woman are responsible for the upbringing of their children and the couple during marriage establishes a division of labor between them.

CONCLUSION

Based on the results of interviews with 2 subjects, it can be concluded that the results showed that the subject's perception of marriage was that the subject considered marriage as one of the best steps to have children and form a family. The subject also stated that in marriage there are things that are easy to learn such as the subject does not experience difficulties in adapting to his partner's family. However, the subject also considers that marriage also has challenges, namely obstacles at the beginning of marriage such as dividing time with education and the economy. The two subjects also said that adjustment to partners was carried out by building communication and mutual acceptance of differences between partners.

REFFERENCE

Bustan, R. (2015). Early Adult Perceptions Regarding Premarital Courses. Journal of Al-Azhar Indonesia Humanities Series, 3(1), 82-95.

Copyright at authors some right reserved this work is licensed under a Creative Commons Attribution-Share Alike 4.0 International License

Fitriyani, R. (2021). Emotional Maturity with Marital Adjustment in Early Adulthood. Journal of Scientific Psychology, 9(2), 278-286.

Duvall, E & Miller, B. (1985). Marriage and family development. New York: Harper and Crow Publishers.

Duvall, E. M & Miller, B. C. (2000). Marriage and Family Development. New York: Harper & Row Publishers.

Garrison, M. (2010). the decline of formal marriage: inevitable or reversible? Journal of Family Law Quarterly, 41(3), 491-520

Indriani, R. (2014). The Influence of Personality on Marital Satisfaction of Early Adult Women in the Early Phase of Marriage in terms of the Big Five Personality Trait Theory. Journal of Clinical Psychology and Mental Health, 3(1) . 33- 39.

King., Laura A. 2010. Psikologi Umum, Sebuah Pandangan Apresiatif. Jakarta: Salemba Humanika.

Laurenceau, J.P. & Barrett. (2005). The interpersonal process model of intimacy in marriage: a daily-dairy and multilevel modeling approach. Journal of Family Psychology, 19(2), 314-323.

Olson, David. H., & DeFrain, J. (2006). Marriages and families; intimacy, strengths, and diversity. McGraw- Hill.

Putri, A. F. (2019). The Importance of Early Adults Accomplishing Their Developmental Tasks. SCHOULID: Indonesian Journal of School Counseling, 3(2), 35-40.

Rachmawati, D. & Mastuti, E. (2013). Differences in the level of marital satisfaction in terms of the level of marital adjustment in the wives of Brigif 1 Marines of the Indonesian Navy who are undergoing long distance marriages. Journal of Educational and Developmental Psychology, 02(01), 1-8.

Santrock.. (2007). Child Development. Volume 1. Jakarta: Erlangga

Sugiyono. (2016). Quantitative Research Methods, Qualitative, and R&D. Bandung: PT Alphabet.

Wulan, D. K., & Chotimah, K. (2017). The Role of Emotion Regulation in Marital Satisfaction in Early Adult Married Couples. Ecopsy Journal, 4(1), 58-63.

Copyright at authors some right reserved this work is licensed under a Creative Commons Attribution-Share Alike 4.0 International License