

THE INFLUENCE OF COUPLE HARMONY AND MARITAL ADJUSTMENT TO MARITAL HAPPINESS

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Abstract

Marital happiness is the beginning of the establishment of happy family, which then produces qualified and healthy generation both physically and psychologically. It is of course an investment for establishment of a strong and firm country. Some factors, both external and internal, can influence the marital happiness. This research is aimed to find out the influence couple harmony and marital adjustment.

It applied quantitative approach which include in explanatory descriptive research. The number of research subject is 236 persons from four regions in Madura, which have the following criteria: (1) both husband and wife are Madurese, couples who have been married for 3 to 5 years, both are born in Madura, the couples have biological children from their marriage. Collecting data was carried out using questionnaire which was created based on ordinal scale from Likert. Then, data analysis applied SEM (Structural Equation Modeling) with the help of lisrel program version 8.7.

The result of this research shows that (1) the couple harmony have positive and significant roles toward the improvement of marital happiness; (2) the influence of marital adjustment, which consists of couple adjustment, economic adjustment, children adjustment, and extended family of couple toward the improvement of the marital happiness; (3) marital happiness can be built when couples minimaly of conflict and rejected on marital life; (4) on the marital life together with good adjustment to maintain the marriage.

Keywords : marital adjustment, couple harmony, marital happiness

Author's Biography



Netty Herawati born in Pamekasan, Madura at 1974. Lecturer of Psychology study programs, Faculty of social and culture sciences. S3 graduated psychology at the University of Padjadjaran Bandung on January 7, 2015. Magister the profession psychology (S2) at University of Airlangga Surabaya in 2015 and S1 graduated at University of Putra Bangsa Surabaya in 1999. She had a great interest in clinical psychology, she specifically to learn about positive psychology and the psychology of marriage and family.

INTRODUCTION

Marital happiness is the hope and desire of each couple. Marital happiness is a destination in a marriage. UU Perkawinan No 1/ 1974 Pasal1 that marriage is bond between a man and a woman as husband and wife with the aim of forming a family or household that is happy and eternally based on God. Supported by Peraturan Pemerintah No. 21 /1994 that a

prosperous family is a family that was formed based on a valid marriage, able to meet the spiritual and material needs of life decent, pious God Almighty, relationships are harmonious and balanced between members and between the family and the community and the environment.

Relationships which are harmonious and balanced between family members This can occur if each couple is able to make adjustments in marriage. Anjani and Suryanto (2006) suggested adjustments in marriage is important and can affect the success in marriage. Marital adjustment capability can realize happiness in marriage. Although realizing happiness in marriage is not easy, but Markman (2010) suggested that the key to a good relationship, in which there is love, commitment, suitability, ability to resolve conflicts, and interest in the pair. Therefore, it takes patience to go through, despite obstacles and trialsturns.

Hurlock (1980) suggested marital adjustment is the process of adjustment of a husband and wife to minimize conflicts. Similarly, Duvall and Miller (1985) suggests that the adjustment of marriage is a process of getting used to the new conditions and different as the marital relationship in the hope that they will take responsibility and play a role as a married couple, in which there are sexual intercourse, desire having children and determine the distribution of tasks between husband and wife. Hurlock (1980) suggested adjustments include adjustments couple marriage, financial adjustments, sexual adjustment and alignment with the couple's family. Marital adjustment process is carried throughout life, so the ability to accept and respect your couple to be a very important thing to keep marital harmony.

Marital harmony is the key to marital happiness. Gunarsa&Gunarsa (2004) suggested that a family called harmonic when all family members are happy characterized by reduced tensions, disappointment, and satisfied with the whole situation and his presence (existence or self-actualization) which cover physical, mental, emotional and social all family members. Harmonious family is a family that can deliver a person live a happier, more equitable and more peaceful. According Hawari (2004) of family harmony will be achieved if each element in the family and the role it can function properly and stay true to the values of our religion, the harmonious social interaction between elements in the family will be created. Thus we can say that marital harmony is a condition indicating tranquility in marriage as an expression of the couple's ability to run the function in accordance role, which is characterized by reduced tension and disappointment.

The process of lifelong marital adjustment is needed, so the ability to accept and respect your couple to be a very important thing to keep marital harmony. Not infrequently occur when problems and conflicts can't be resolved culminate with a divorce, so the family is not intact and dispersed. The higher the divorce cases of recent years is evidence that many households are not able to survive the conflicts or family issues. Divorce is not taboo to be avoided, even be considered a means of solving the most solution-for now. (Herawati, 2015)

THEORY

Duval and Miller (1985) argued that marriage is monogamous, paired relationship between a woman and a man. So that could be defined as a union of husband and wife relationship in the hope that they will take responsibility and play a role as a married couple, in which there are sexual relationships, the desire to have children and establish a division of tasks between husband and wife.

Hurlock (2000), defines marriage as the adjustment of the adaptation process between husband and wife, where the husband and wife can prevent conflict and resolve conflicts through the process of adjustment. Lasswell&Lasswell (1987), suggest that marital adjustment are two individuals who have learned to accommodate the needs, wants, and expectations of each, this means achieving a degree of happiness in relationships. Adjustment of marriage is not an absolute state but a lengthy process because everyone can change at any time so that each couple must make adjustments marriage.

Adjustment of marriage is also a process to modify, adapt and change behavior patterns of individuals and couples as well as their interaction in order to achieve maximum satisfaction in marriage (DeGenova, 2008). Atwater (1990), also added that the adjustment of marriage is a change and adjustment in married life that includes some aspects of married life, such as adjustments to live together, adjusting new role, adjustments to communication and conflict resolution, as well as adjustments to sexual relations within marriage and adjustments to citizenship.

Marital adjustment factor consists of: 1. Adjustment with a couple. Adjustment of the most important and the first to be faced when a person enters the world of marriage is an adjustment with spouse (wife or husband). The more experience in interpersonal relationships between men and women obtained in the past, the greater the understanding and insight so as to facilitate their social adjustment with a couple. a). The concept of an ideal couple. When selecting a couple, both men and women arrive at a particular time is guided by the concept of an ideal couple formed during adulthood. The more a person trained to adjust to the realities of the more difficult the adjustment made to the couple. b). Fulfillment. If the adjustment is done, the couple must meet the requirements derived from the initial experience and the couple had to help the other spouse to meet those needs. Degenova (2008), adding that fulfillment in marriage includes psychological needs (love, feelings, acceptance and self-fulfillment), social needs (friendship and new experiences as a couple) and sexual needs (physical and psychological). c). The Similarity of the background. Husband and wife that have similar background, more easy to adjust to each other. However, if they are same background, any adults looking for a unique perspective on life. The more different views of life, the more difficult the adjustment is done. d). Interests and common interests. The same interest on matter to do couple tend to bring the adjustment better than a common interest which is difficult and shared. e). Similarity value. Couple adjustment had well value more alike than they are coping badly. This can happen because of their similar backgrounds so as to produce the same value anyway. f). The Concept of role. Each opponent has a pair definite concept about how it should be the role of a husband and wife, or any individual expects his couple to play its role. If the expectation of the role is not met then it will lead to conflict and poor adjustment. g). Changes in lifestyle. Adjustments to a couple means to organize the life patterns, changing friendships and social activities, as well as the changing requirements of the job, especially for a woman. These adjustments often followed by emotional conflict. 2. Sexual Adjustment. Adjustment sexual is second major marital adjustment, it will be the most difficult problems in the marriage and one of the causes that lead to quarrels and unhappiness in marriage. Problems usually because the couple do not have sufficient experience and unable to control their emotions. a). Attitudes towards sex. Attitude towards sex is strongly influenced by the way men and women receive information sex during childhood and adolescence. If the behavior is not fun to do then it will be very difficult to remove even possibly eliminated. b). Past sexual experiences. The way adults react to masturbation, petting, and the marital relationship before marriage, when they were young and how men and women feel it affects his behavior towards sex. If the initial experience of a woman is not fun then it will color attitudes toward sex. c). Sexual drive. Sexual urges developed earlier in men

than women and tend to remain so, while women appear periodically. With fluctuate during the menstrual cycle. This variation would affect the interest and enjoyment of sex, which then affects the sexual adjustment. d). Early marital sexual experiences, attitudes towards the use of contraceptives, and the effects of vasectomy. There will be less conflict and tension if the husband and wife agree to use birth control than if the both have different feelings about it. In addition, if a person who underwent a vasectomy, it will lose the fears would be an unwanted pregnancy. 3. The financial adjustments. Money and lack of money to have a strong influence on individual adjustment in marriage. Wife who tend to have little experience in managing the finances for the family's survival. Husband also sometimes have difficulty in adjusting to finance, especially if his wife works outside the home and stopped after having a first child thus reducing family incomes 4. Adjustment to the families couples. Every individual who is married automatically obtain a new family group. Adjustment to the family of couples affected by several factors, namely: a). Traditional stereotypes about the mother-in-law. Stereotypes are widely accepted by society "Mother-in-law of a representative" can cause unpleasant mental device even before marriage. Stereotypes are not pleasant on the elderly as likely to intervene can be a problem for families couples. b). The Desire to be independent. People who marry young tend to reject any advice and guidance from their parents, even if they receive financial aid, and in particular they refuse help from family couples. c). Together with family. Adjustments in marriage would be more complicated if one of the pair dedicate more time to his family than their own. When couples are affected by a family, if a person is a family member been in a long time and live with them permanently. d) Social Mobility, Individual young adult social status rises above a family member or spouse on family status may continue to take them in the background. Many parents and family members are often hostile to the young couple. e). Elderly family members. Caring for elderly family members is a factor which is extremely difficult in the marital adjustment because unpleasant attitude towards parents and family affairs, especially when he also had children. f). Financial assistance for families couples. When the young couple should help or assume responsibility, financial assistance for the family of the couple, it often brings family relationships were not good. This is due to a couple family members assisted financially, became angry and offended with the intention to obtain the aid.

Adjustment of mating success criteria according to Hurlock (2000), namely: 1. the happiness of husband and wife. The husband and wife were happy happiness together will bring satisfaction derived from the roles they play together. They also have a mature and stable love one another. They can also make adjustments to sexual well and can accept a role as a parent. 2. A good relationship between children and parents. A good relationship between the children with their parents marital success reflects adjustments to the problem. If the relationship between children and their parents are bad, the atmosphere of the household will be tinged dispute that led to marital adjustment becomes difficult. 3. Adjusting the good of the children. If the child is able to adjust himself well with his friends, then he will be successful in learning and are happy at school. This is clear evidence of the success of the marriage of his parents against the marriage and its role as a parent. 4. The ability to derive satisfaction from dissent. The difference of opinion among members of the family that can't be circumvented, usually end up with one of three possibilities, namely the tension without breaking, one succumb to peace or each family to try to understand each other the views and opinions of others. In the long term the third possibility that can lead to satisfaction in marital adjustment, although the possibility of the first and second can reduce tensions caused by disputes increased. 5. Mutual. If the adjustment of marriage can be successful, then the family can enjoy the time spent together. If the family relationship has been established well in the early years of marriage, then they may be more closely tied a rope friendship again after they grow up, get married and build a house on his own. 6. The good adjustment in financial

trouble. In families in general a source of discord and hatred is about financial issues. However the income, families need to learn how to spend their income so that they can avoid debt always be problem. That besides that they can enjoy the satisfaction of its business in a way that is best, rather than being wife is always complaining because her husband's income is not sufficient. 7. Adjustments good of the family of the couple. When husband and wife have a good relationship with the couple's family, particularly in-law, brother-in-law and sister-in-law, it is unlikely to happened disagreement and strained ties with them.

METHODS

Participants

Technique sampling using random sampling techniques with a sample criteria is the subject of the research are pairs that have a marriage between 13- 25 years. Strong and De Vault (Herawati, 2015) suggested that period included in the mid-year period of marriage, which in this period the couple is more focused on happiness and well-being of his or her spouse. Total samples are 236 people. According Sugiyono (2012) sampling technique is used to determine the sample when the object to be examined or the data source is very broad.

Instruments

This research approach is a quantitative approach. The collection of data as measurement technique variables in this study will use a questionnaire. The questionnaire will be prepared using ordinal scale. The scale will be made to measure variables in this study are: (1). Scale of marital happiness (2) Scale of couple harmony, and (3) Scale of marital adjustment.

Data Analysis

SEM (Structural Equation Modeling) is selected as the data analysis technique for SEM has the advantages that can better quantify the influence between the latent variables as well the relationship between variables; and SEM solve two basic problems that must be faced in the research, namely: 1) the causal relationship between the variables in the form of research is often complicated, full of mediating variables and often also contain moderating variables; 2) Measurement of the validity and reliability of variables in this study can't be done directly but through their indicators. (Vitello, 2008). According Vuchinich (1992) SEM provides a test format that allows precise measurements with many indicators, using longitudinal models, and test for reciprocal relationships.

RESULTS

The following structural model of marital happiness in terms of marital adjustment and marital harmony;

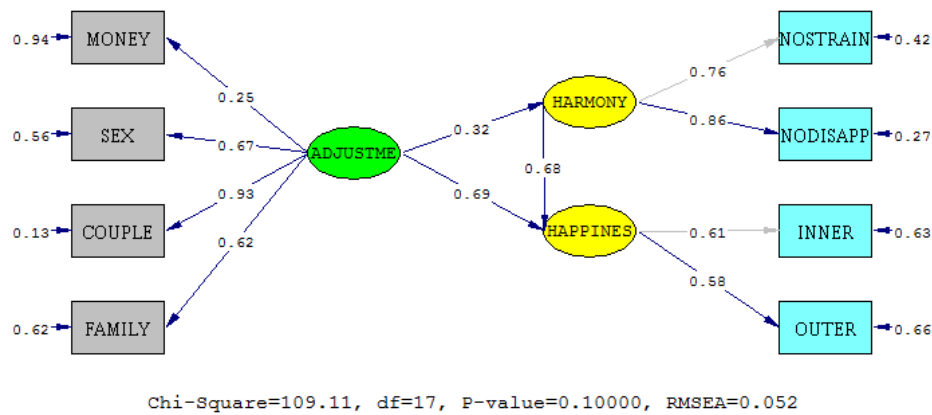


Fig.1. Model of marital happiness in term of marital adjustments and marital harmony

The model shows the model goodfit with chi-square value 109.11 ($P > 0.05$) and RMSEA = 0.052. Thus, this model has a good agreement with empirical data.

Interaction between marital adjustment and marital harmony to the marital happiness show the coefficient value of 0.69 and t-value 4:47 on the direct effect of marital adjustment on marital happiness. The direct effects of marital harmony of the marital happiness show the coefficient value of 0.68 and t-value 7:00. Effect of marital adjustment to marital harmony shows the coefficient value of 0.32 and t-value 4.80.

Marital adjustment showed a stronger effect with coefficient greater when accompanied by marital harmony. The influence of marital adjustment directly to marital happiness is not better than the effect when accompanied by marital harmony. Marital harmony is a condition indicating tranquility in marriage as an expression of the couple's ability to run the function in accordance role, which is characterized by reduced tension and disappointment. The ability to exercise their functions in accordance role is the ability of adjustment in marriage, the adjustment process is required throughout life in marriage, so the ability to accept and respect your partner to be a very important thing to keep marital harmony.

The results of this study indicate conformity with previous research. According to Hurlock (2000) criteria for the success of the adjustment of marriage is marital happiness. Powered by Schmitt, Kliegel, and Shapiro (2007) who did the same study, the study results show that happily married couple with wedding showed a tendency of behavior conducive to interact positively and support each other, and have a more enjoyable time together. Ryff& Singer (1996) also found that couples who have a positive relationship with her marriage partner will feel satisfied, warm, trusting, taking care of her partner, affectionate and intimate. Conversely, couples who lacked a positive relationship with her marriage partner will be closed, it is not easy to develop intimate relationship, tend to be isolated, it is easy to feel disappointed in socially connected and not easily compromised.

Interaction marital adjustment to marital happiness

The role of marital adjustment in this study became one variable that should be tested, referring to the opinion of Hurlock (1980) that marital happiness is a manifestation of the successes of marital adjustment. The results of the correlation analysis simultaneous test stated that there is a correlation between marital adjustments with marital happiness directly. The correlation coefficient influence marital adjustment to marital happiness of 0.69 and t-value 4.49 ($t > 1.96$), it means significant. These results indicate that the hypothesis is accepted, therefore there is a positive influence marital adjustment to marital happiness.

Direction correlation on marital adjustment to marital happiness shows a positive correlation. This means that the higher marital adjustment, the higher the marital happiness.

Observe the load value adjustment factor in marriage, as told Hurlock (1980) that in the marital adjustment consists of couple adjustments, sexual adjustment, adjustment to the financial and couple's family. Base on statistical tests simultaneously known that the pair shows the value adjustment charge the biggest factor among other adjustments, which amounted to 0.93. Furthermore, sexual adjustment shows the value of the charge factor of 0.67 and a financial adjustment to the value of the charge factor of 0.62. The adjustment to the partner families despite showing the value of a relatively small load factor of 0.25, but it still contributes to marital adjustment.

The biggest component that determines the success of marital adjustment is couple adjustment. Couple adjustment have role the greatest to the realization of marital adjustment. As Hurlock (1980) pointed out that the adjustment of the couple is influenced by: a) the concept of an ideal partner. b). Fulfillment. Degenova (2008) suggests that fulfillment in marriage include psychological needs (love, feelings, acceptance and self-fulfillment), social needs (friendship and new experiences as a couple) and sexual needs (physical and psychological). c). Similarity of the background. The background similar husband and wife will be easier to adjust to each other. d). Interests and common interests. e). Similarity value. f). Concept of role. g). Changes in lifestyle. Anjani and Suryanto (2006) suggested adjustments in marriage is important and can affect the success in marriage. Marital adjustment capability can realize happiness in marriage.

Interaction marital adjustment to marital harmony

Analysis simultaneous test shows that there is influence marital adjustment to marital harmony. The correlation coefficient influence marital adjustment to marital harmony at 0:32 and the t-value of 4.80. ($T > 1.96$), it means significant. These results indicate that the hypothesis is accepted, therefore there is a positive influence marital adjustment to marital harmony.

Correlation marital adjustment to marital harmony shows a positive correlation. This means that the higher marital adjustment, the higher the marital harmony. Observed load factor marital harmony. Marital harmony characterized by reduced tensions and reduced frustration. The difference of opinion among members of the family that can't be circumvented, usually end up with one of three possibilities, namely the tension without breaking, one succumb to peace or each family to try to understand each other the views and opinions of others. In the long term the third possibility that can lead to satisfaction in marital adjustment, although the possibility of the first and second can reduce tensions caused by disputes increased. Herawati(2015) argued that the couple harmony can make their relationship stronger in life marriage.

Interaction marital harmony to marital happiness

The results of the correlation analysis show that there is a simultaneous test of the influence of marital harmony on marital happiness. Coefficient of correlation the influence of marital harmony to marital happiness is 0.68 and t-value of 7:00. ($t > 1.96$), it means significant. These results indicate that the hypothesis is accepted, therefore there is a positive effect of marital harmony on marital happiness.

Directions correlation in marital harmony of the marital happiness shows a positive correlation. This means that the higher the marital harmony will be higher the marital

happiness. Marital harmony is the key to marital happiness. Gunarsa&Gunarsa (2004) suggested that a family called harmonic when all family members are happy characterized by reduced tensions, disappointment, and satisfied with the whole situation and his presence (existence or self-actualization) which cover physical, mental, emotional and social all family members.

CONCLUSION

Marital happiness can be built, when the pair was able to build marital harmony characterized by reduced tensions and reduced disappointment. Reduce tension and disappointment because the couple could perform the function of various roles, so that they can adjust to each other in marriage either in the couplesadjustment, sexual adjustment, adjustments to the financial and couple's family.

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