

Subjective Well Being and Family Resilience: Early Marriage Individual in Indramayu

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ABSTRACT

This research aims to determine the correlation between subjective well-being and family resilience among early-marriage individuals in Indramayu. The hypothesis of this study is that there is a positive correlation between subjective well-being and family resilience among early marriage individuals in Indramayu. A hundred early-marriage individuals in Indramayu were involved in this study. The data collection method used in this research is a non-probability purposive sampling technique. Data were collected using the Walsh Family Resilience Scale (WFRQ) and the Subjective Well-Being Scale. Data analysis technique used in this research is spearman's rho correlation coefficient. obtained a correlation coefficient of 0.753 with significant score $p < 0.05$. This result indicates that there is asignificant and positive correlation between subjective well-being and family resilience among early marriage individuals in Indramayu. Subjective well-being contributes 56,7% to family resilience.

Keywords: Family Resilience, Subjective Well-Being, Early Marriage Individuals.

Introduction

The family is the smallest unit in society formed through marriage between a man and a woman, and is bound by a strong agreement then Law Number 16 of 2019 sets the minimum age limit for marriage for men and women is 19 years to ensure sufficient emotional and physical stability in living a married life, and strengthened by the Regulation of the Supreme Court of the Republic of Indonesia No. 5 of 2019 also to tighten the selection of marriage age as efforts to reduce child marriage in Indonesia.

According to Mariana (2024), the increase in population causes a complexity of problems that affect population conditions and family quality, including divorce, child marriage, and domestic violence. Resilient families have the ability to adapt to various problems and make family resilience a pillar of national resilience (Mudrikah, 2022; Hendrayu, Kinanthi, & Brehahama, 2012). Increasing family resilience strengthens overall national resilience (Mileaningrum et al., 2023).

Data from the Central Statistics Agency (2022) shows that 29.78% of women and 7.77% of men are married under the age of 19. Indramayu Regency recorded 755 cases of child marriage in 2020 (Indramayu Religious Court, 2020). Research by Warastuti, Herawati, and Kurniasih (2020) also shows that 88% of early marriage in Indramayu is caused by a lack of knowledge, and 95.1% are in a negative environment such as promiscuity that triggers promiscuous sexual behavior. In 2020, there were 98,930 divorce cases in West Java, most of which were related to early marriage. Similarly, Nuronyah (2020) emphasized the correlation between low human resources and the high rate of early marriage and divorce in Indramayu.

Apriliani and Nurwati (2020) revealed that the unpreparedness of couples who marry early can

interfere with family resilience. The ability of young couples to adapt and cope with stress as a result is impaired, potentially affecting subjective well-being and family resilience (Patterson, 2002; Takwin, 2021). This stems from a lack of emotional and cognitive readiness, as well as adequate social support. Early marriage brings many negative consequences, which include biological, psychological, economic, social, and legal aspects (Kiwe, 2017; Rumekti & Pinasti, 2016). Getting married at an early age is often associated with emotional and cognitive immaturity, increasing the risk of marital problems such as disharmony, domestic violence, and poverty (Suryani & Kudus, 2022; Mutaqin et al., 2023). Early marriage often faces various challenges such as emotional instability that can lead to divorce and the inability to maintain family resilience (Herawati, Kameliya, & Unaifah, 2021).

According to Prayogi and Jauhari (2021), early marriage couples need affective and cognitive development to be prepared for adult and marital responsibilities. Previous research has identified social support (McDonough, Sabinton & Wrosch, 2013) and self-esteem (Devins, Wong, Lebel & Lee, 2015) as factors influencing subjective well-being. However, more recent research has established a strong relationship between subjective well-being and family resilience (Wang, 2021).

According to Diener (1998), high subjective well-being is characterized by life satisfaction, often feeling positive emotions, and rarely feeling negative emotions. A high level of subjective well-being allows individuals to have effective coping mechanisms, including open communication, emotional regulation, and problem-solving skills. These aspects are important to maintain family resilience (Aivalioti & Pezirkianidis, 2020). Individuals with high levels of subjective well-being are better equipped to manage stress and adversity. Positive emotions and life satisfaction can withstand the negative effects of stress, thus allowing families to maintain family resilience even in challenging situations (Yang et al., 2024).

This study aims to explore the relationship between subjective well-being and family resilience in individuals who marry early in Indramayu Regency. Based on interviews with subjects who marry early in Indramayu district, it is found that individuals who marry early often face difficulties in interpreting difficult situations, collaboration with partners, and effective communication based on the components presented (Walsh, 1998). This leads to low family resilience and predominant negative emotions. Factors that affect family resilience include optimism, open communication, and social support. High levels of subjective well-being can support effective coping mechanisms and strengthen family resilience even in challenging situations (Diener, 1998; Aivalioti & Pezirkianidis, 2020; Yang, et al., 2024).

This study aims to find out whether there is a relationship between subjective well-being and family resilience in individuals who marry early in Indramayu. The formulation of this research problem is: Is there a relationship between subjective well-being and family resilience in individuals who marry early in Indramayu?

Methods

This research employs a quantitative approach utilizing the Likert scale to explore attitudes towards a social object. The Likert scale presents five response options: Strongly Agree, Agree, Neutral, Disagree, and Strongly Disagree. Two scales are employed in this study: Walsh Family Resilience Questionnaire (Walsh, 2015): The original 32-item WFRQ has been modified by the researcher. Subjective Well-being Scales: Positive Affect and Negative Affect Schedule (PANAS) (Watson, Clark, & Tellegen, 1988): This scale measures positive and negative emotions. Satisfaction with Life Scale (SWLS) (Diener, Emmons, Larsen, & Griffin, 1985): This scale assesses overall life satisfaction. These subjective well-being scales, consist of 25 items adapted into Indonesian by Akhtar (2019).

Due to the specific criteria of this study, non-probability sampling or purposive sampling is employed for data collection. A sample size exceeding 30 is considered adequate for this research. The data analysis method utilizes the non-parametric spearman's rho product- moment correlation coefficient to examine the relationship between subjective well- being and family resilience (Sugiyono, 2013). The subjects of this study are early married individuals in Indramayu, West Java, Indonesia, chosen due to the region's high incidence of early marriage dispensations. A total of 100 subjects are recruited for the study, meeting the following criteria: early married individuals, male or female, residing in Indramayu, and aged 16-19 years.

A pilot test of the WFRQ scale was conducted with 40 subjects using social media (Google Forms). The criterion for item total coefficient used was 0.25 (Azwar, 2019). Based on the pilot test results, six items were eliminated from the 32-item WFRQ scale due to item total coefficients below 0.25. The Cronbach's alpha reliability coefficient for the revised scale was 0.871. After item elimination, the Cronbach's alpha value increased to 0.886, confirming the scale's reliability and validity for use in this study. Regarding the PANAS & SWLS scales adapted by Akhtar (2019), the validity test results for positive affect ranged from 0.450 to 0.664; negative affect ranged from 0.413 to 0.699; and SWLS ranged from 0.553 to 0.686. These results indicate that the items in the adapted PANAS and SWLS scales function effectively and can differentiate between individuals with and without the measured constructs.

Results

Table 1. Categorization Subjective Well Being

| Formula | Score | Category | Frequence | Persentase |
|--|------------------|----------|-----------|------------|
| $X < (\mu - 1\sigma)$ | $X < 58$ | Low | 60 | 60% |
| $(\mu - 1\sigma) \leq X < (\mu + 1\sigma)$ | $58 \leq X < 92$ | Medium | 31 | 31% |
| $(\mu + 1\sigma) \leq X$ | $92 \leq X$ | High | 9 | 9% |
| Total | | | | 100% |

Based on the results of the categorization of the score of *the subjective well being* scale is 60% subjek in the low category, 31% subjek in the medium category and 9% subjek in the high category.

Table 2. Categorization Family Resilience

| Formula | Score | Categor y | Frequence | Persentase |
|--|------------------|--------------|-----------|------------|
| $X < (\mu - 1\sigma)$ | $X < 61$ | Low | 65 | 65% |
| $(\mu - 1\sigma) \leq X < (\mu + 1\sigma)$ | $61 \leq X < 95$ | Medium | 31 | 31% |
| $(\mu + 1\sigma) \leq X$ | $95 \leq X$ | High | 4 | 4% |
| Total | | | | 100% |

Based on the results of the categorization of *the Family Resilience* scale score, 65% subjek in the low category, 31% subjek in the medium category and 4% subjek in the high category.

Table 3. Mann Whitney Test for Subjective Well Being and Family Resilience

| SWB | | WFRQ | |
|------------------------|----------|------------------------|----------|
| Mann-Whitney U | 920.500 | Mann-Whitney U | 842.000 |
| Wilcoxon W | 3770.500 | Wilcoxon W | 1167.000 |
| Z | -.136 | Z | -.761 |
| Asymp. Sig. (2-tailed) | .892 | Asymp. Sig. (2-tailed) | .447 |

The result of the uji t-test data on variabel *subjective well-being* indicates that the significance value is 0.892 $p > 0.05$, so there is no significant significance in the group being compared or inherited. Whereas from the uji t-test data in the variabel *Family Resilience* the significance value is 0.447 $p > 0.05$, there is no significant significance in the group that is compared or is used.

Table 4. Mann Whitney Test for Subjective Well Being and Family Resilience

| | Gender | N | Mean Rank | Sum of Ranks |
|-------------|---------------|----------|------------------|---------------------|
| SWB | Male | 25 | 51.18 | 1279.50 |
| | Female | 75 | 50.27 | 3770.50 |
| | Total | 100 | | |
| WFRQ | Male | 25 | 46.68 | 1167.00 |
| | Female | 75 | 51.77 | 3883.00 |
| | Total | 100 | | |

The results of the statistica uji t-test showed that there was no significant difference in the $t=0.892$, $p > 0.05$ between the level of *subjective well being* in male's and female's, the average male (51.18) was higher than that of female (50.27). For example, in the variabel *family resilience* there is no significant difference that indicates $t = 0.447$ dengan $p > 0.05$, between the level of *family resilience* in male and female, the average male (46.68) is more than the female (51.77).

Discussions

The results of this study show a positive relationship between subjective well being and family resilience in individuals married early in Indramayu. This means that the higher the subjective well being, the higher is the family resilience. (coefficient = 0.753, $p < 0.05$). Additional analysis also found no SWB and FR differences between men and women whowere married early. The

determination coefficient (R-squared) of 0.567 shows that subjective well being contributes 56.7% to family resilience. The remaining 43.3% was influenced by other factors that were not investigated in this study.

Subjective well-being proved to be a significant factor in influencing family resilience. The affective aspects of subjective well-being include positive affects and negative affects (Diener, Suh, & Oishi, 1997). Individuals with a high level of Subjective Well-Being are often affected by positive affections (Diener, Oishi & Lucas, 2003). The higher level of positive affection can increase family resilience because individuals who experience more positive affect are more likely to cope with stress and difficulties in family relationships, which then strengthen family bonds and make family units more integrated, thereby increasing family resistance. Furthermore, individuals with a higher degree of subjective wellness tend to have better problem-solving capabilities because their positive and welfare effects encourage a more optimistic and resource-filled approach to challenges, which is essential for family resilience (Brajša-Žecja, Mari Jida, & Maja Kuicar, 2024). The cognitive aspect of subjective well-being includes assessment of life satisfaction. (Diener, Suh, & Oishi, 1997). High life satisfaction correlates positively with family resilience. Individuals with high life satisfaction usually have a positive view of life and have no traumatic experiences. High life satisfaction also tends to go hand in hand with good communication skills and strong problem-solving skills, which ultimately increase family resilience (Karatat & Tagay, dalam Doui, dkk., 2023).

This study supports previous research by Nio, Chang, and Fung (2016) that showed the interdependence effect between family resilience and subjective well-being. According to Matulesy and Christina (2016), when a person does not have emotional intimacy with his partner, he will feel lonely and depressed. Schmidt and Welsh (2010) stated that good relationships can enhance subjective well-being and reduce the likelihood of conflict in the family as well as contribute to conflict resolution processes that describe how individuals and partners adapt and change their behavior to maximum satisfaction in a relationship. Supported by research by Hanun and Rahmasari (2022) that shows that couples who get married early and end up divorced are usually triggered by conflict, one of which is an unripe emotional state. This is in line with the view of Mulyana and Octavianti (2017) that early marriages are often a way for families to relieve the economic burden, but when young couples feel unprepared physically and mentally, they tend to divorce.

Additional analysis using Mann Whitney's t-test showed no significant differences between men and women in terms of subjective well-being and family resilience. Although the statistical test results show no significant difference, the average subjectivity score for men is slightly higher than that for women, while the average family resistance score for women is somewhat higher than for men. This data supports the opinion of the Humas of the Indramayu Religious Court found by the researchers in 2024 regarding the increasing number of filings of divorce cases in Indramayu. In 2024 there are 5,785 filing of divorces and 2,146 divorces, with the most parties filing divorces on the female side. It's because of the economic factors and disputes that ended up interfering with the family's resilience.

The weaknesses of this research lie in the selection of subjects at the general scale family resilience test stage, the limitations of the theory and supporting references, as well as the minimum of previous research relevant to the subject of the research. Simply put, this study found that people who are happy and satisfied with their lives tend to have strong and sturdy families. There's no difference between men and women in this. However, there are other factors that affect family resilience besides subjective well-being. These factors are not explored in this study. The research also suggests more care and care in making scales of measuring instruments and alternative answers. In addition, further research is to be able to use other factors of subjective well being or family resilience, by

multiplying related journal references first.

Therefore, it can be concluded that the results of the correlation analysis obtained a correlation coefficient value of 0.753 with a $p < 0.050$ which shows that there is a positive relationship between subjective well-being and family resilience in individuals who marry early in Indramayu Regency. This shows that the lower the subjective well-being, the lower the family resilience tends to be in individuals who marry early in Indramayu Regency.

Conclusion

This study shows a positive relationship between subjective well being and family resilience in individuals married early in Indramayu. It is hoped that this research can provide benefits, especially for individuals who marry early in facing challenges in marriage and local governments in developing appropriate policies related to subjective well-being and family resilience.

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