

Description study of millon's personality types on marital adjustments for young couples in Bandung

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Abstract

One of the problems in marriage is due to by poor interaction between partners. The personality type of each influences this interaction. This study aims to determine the effect of Millon's personality type on marital adjustment. The subjects of this Research are five married couples with a marriage age of 1-5 years. The technique used in this study is a non-probability sampling technique, namely purposive sampling. Method to measure marital adjustment, this study used the Dyadic Adjustment Scale (DAS), while to measure individual personality types, this study used the Millon Clinical Multiaxial Inventory-IV (MCMI-IV). MCMI-IV is a measuring tool that can represent a person's personality type. MCMI-IV Invalid Guidelines 1. V Scale > 1, 2. W Scale > 19, X Scale < 7 and > 114, 1-8B Scale (All) < 60 (BR). to test the research hypothesis using MCMI-IV and DAS software. The result is that there is an influence of personality type with marital adjustment. Conclusion Certain personality types correlate with patterns of marital adjustment between partners.

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INTRODUCTION

Marriage is a sacred thing to unite two human beings. In married life, they must hope to go through life full of peace and tranquility with their partner. Because when they start to live together, they still have different hopes (Sadarjoen, 2005). National Government Law number 1-1974 about marriage said: "Married life is a process of uniting the inner bond between a woman and a man as husband and wife. As a couple to build a happy family based on God's blessing" (Kemenag, 2018). Marriage is a process of uniting a woman and a man who have different backgrounds, united in a bond of promise to live together. a relationship involving love, commitment, and fidelity is a depiction of the Marriage Bond of a woman and a man in (Güven, 2017). One of the essential things of married life is to build a family full of peace and tranquility that needs adaptability. Mariam and Junior (2014) said adaptation would affect the happiness and satisfaction of married couples at various stages of family life.

American Psychological Association (APA) said compliance with marriage life is "a process to pursue some pleasure and going through the same purpose to keep their level of

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individuality". Some of the essential things that need to comply with are (a) sharing about their experience, interest, and values; (b) respecting each other's needs, purpose, and emotions; (c) taking care open line of communication and expression; (d) classification of roles and responsibility; (e) good teamwork in making the decision, problem-solving, and parenting; and (f) satisfaction with sexual things.

Kumari (2017) views marriage as an institution where Women and men are together and are socially and legally dependent. The goal is to build and maintain a family. Married life is a very important factor in the family system. Based on the will to each other to intertwine and together to live in an emotional stability. In daily life, when the marriage has been established, sexual expression becomes one of the spices in it (Kumari, 2017).

In the early stage of married life, couples need marital adjustment. During this period, Couples need to practice directly how a pair of individuals interact with new patterns of habituation between each other as a family. New couples in the marriage need to adjust themselves. They will have their first crisis when entering married life. It is the consequence of couples entering their new life, so they need a marital adjustment. Nugent (2013) defines that a well-adjusted married life is one in which there is satisfaction and a feeling of well-being between the married couple. With this, marital adjustment can be seen as a situation where the couple understands and overcomes each other's uniqueness and has the same qualities. They also bring a feeling of prosperity so that their married life is relatively satisfying.

Gultom (2018) said that the early stage of married life is the most challenging year for new couples. He said that the age of marriage in the first two years of marriage is a year that requires a lot of marital adjustment. The following years were quite difficult for a husband and wife couple. After they get married, each other will see the compatibility, good and bad behavior of their partner. There are many things that need to be solved together. Problems that can be solved together such as financial arrangements, communication with in-laws and extended family, and the presence of children will indirectly change the couple's lifestyle.

Quarrels and disputes often occur because of the inability to manage emotions properly. Especially during the first one to five years of marriage. So that emotional intelligence is needed in public relations, especially in domestic relations (Saidi, 2018). Emotional intelligence also has an important role in shaping marital adjustment. Research conducted by Tabinda and Amina (2013) shows emotional intelligence as a predictor of marital adjustment. An emotionally intelligent person is capable of building lifelong relationships. This ability helps an individual develop tolerance, mutual respect and cope with life's stressors as individuals affect their partners, themselves, and their relationships. Emotional competence makes it easy for a person to recognize one's feelings, desires and motivations needed in establishing communication with a partner. in order to achieve effective communication.

Another study conducted by Dildar, Bashir and Shoaib (2012) provide conclusions about emotional intelligence interrelated with marital adjustment. Marital Adjustment and Emotional

Intelligence are closely related to one another. understand emotional perception and reasoning about emotions and regulate or manage important emotions in the household. Research was also conducted by Pandey & Anand (2010), emotionally intelligent people pay attention when other people experience emotions and can accurately identify emotions.

Emotional intelligence takes a very important role as the ability to generate emotions, access and understand that it can help in thinking to understand emotions and emotional knowledge and regulate emotions to encourage emotional and intellectual growth (Salovey and Mayer, 1997). In a study conducted by Manju (2016), it was shown that good marital adjustment had lower levels of depression and poor marital adjustment had higher rates of depression. So that marital adjustment is needed for processes in obtaining Marital interactions that function effectively and in balance (Bradbury, Fincham & Beach, 2000).

Besides the emotional skills of a person needed in marital adjustment, of course it cannot be separated from the personality factor of the partner. The personality of the spouse has an important role in marital adjustment. Bouchard (1999) says that personality plays an important role in marital adjustment. Personality as one of the factors of a married couple can establish a good communication pattern between both of them.

Marital adjustment is the most important thing, and couples must take care of their new responsibility and oath. Hurlock (1980) said responsibility and marital adjustment are the most important things. The result is that couples can pass the early stage of married life. Marital adjustment is essential so a married couple can pass all the processes together and have a balanced and functional relationship (Bradbury et al., 2000).

If there is an imbalance in marriage, it will lead the couple to divorce. Dirjen Bimas Islam Kamaruddin Amin said divorced cases in Indonesia, especially among Muslims, in 2019 480.618 cases. Based on Badan Peradilan Agama Mahkamah Agung data, it growth since 2015. Amin said that in In 2015 there were 394,246 cases. In 2016 it increased from the previous year to 401,717 cases. and in 2017 there was an increase of 415,510 cases, in 2018 it continued to increase to 444,358 cases. Then in 2020, as of August, the number reached 306,688 cases.

Based on data obtained from the Research and Development Center for Religious Life (2016), there were 144,912 divorce cases in 2001. While the Central Statistics Agency (2015) recorded 347,256 divorce cases in 2015. The Religious Courts Agency (Badilag) of the Supreme Court (in Hidayat, 2018) stated that 364,164 divorce cases were filed in 2017. These data show us that the divorce rate in Indonesia is increasing from year to year.

West Java has 55.876 cases of divorce until August 29, 2020. Most divorces in West Java were caused by "constant disputes and quarrels" that reached 30,206 cases. Head of The Representative Badan Kependudukan dan Keluarga Berencana Nasional (BKKBN) West Java Uung Kusmana tell divorce case in West Java during the pandemic, one of the crucial factors was communication.

One of the causes Divorce is continuous and continuous, economic, and leaves wrong

one party (Hidayat, 2018). The highest divorce is dominated by marriage age under five years (Nasrullah, 2017). Economy, sense of belonging, trust, and personality affect the marriage adjustment of a married couple. (Makvana, 2014). Couples who both work and earn from each other in the first 10 years of marriage are prone to problems related to marital adjustment. Pishghadam et al. (2013) stated that a wife who has a job tends to face more marital adjustment problems when compared to a wife who is only at home. Pal (2017) revealed that a working woman has a tendency to have trouble adjusting her marriage, because they live in two different situations, namely a work and household atmosphere.

Beegam et al. (2017) revealed that couples with double incomes experienced worse marital adjustment than couples who did not earn doubles. Multiple-income couples have difficulty in dividing roles at work, managing roles within the household, managing finances, and managing household life (Beegam et al., 2017). They tend to be vulnerable to stress due to work pressure, so they tend to experience worse marital adjustments than couples who only work for one of them. (Beegam et al., 2017).

Anto Handiono as chairman of DP5A (Department of Population Control, Women's Empowerment and Child Protection) revealed that most divorces are caused by wives who have jobs. Work in the office is often taken home, there are also wives who have a view to have a better career path and make them more independent from their husbands. This makes them tend to put the family aside. This sometimes triggers conflict between partners. (JawaPos, 2017)

Ziapour et al. (2017) found that acceptance can increase the marital adjustment of married couples. They also argue that acceptance and commitment therapy makes husbands and wives focus on the good changes that occur in each other, minimize avoidance, and increase flexibility (Ziapour et al., 2017).

Acceptance and commitment can make husband and wife resolve conflicts, have initiative, and think positively to reduce marital problems to increase marital adjustment of married couples. Thus, acceptance is important to assist couples in their marital adjustment. Acceptance has a significant role in marital adjustment because the first 10 years of marriage is the stage when husband and wife discover new things about their partners that are unknown and unexpected during courtship. Low marital acceptance is thought to make married couples demanding and less tolerant, which can result in difficulty in reaching consensus, satisfaction, and solidarity or bonds of unity in carrying out activities with their partners. (Ngantung 2012)

The importance of marital acceptance on marital adjustment found in the current study is in line with previous research by Ghafoorian and Hassanabadi (2016). The attitude of accepting a partner without demanding change (marriage acceptance) tends to prevent partners from blaming each other and leads to a couple's divorce (Hawrilenko et al., 2016).

Babae and Ghahari (2016) conducted research and found that good communication can help couples interact creatively. Creative interactions between partners help them solve problems, create a more harmonious relationship, and they can adjust to their married life.

Therefore, good communication between partners can help couples to understand each other in making good marital adjustments. Communication is a dynamic process of an individual trying to convey meaning or message to other individuals (Olson et al., 2008). The characteristics of good and effective communication patterns consist of the ability to listen empathetically, the ability to express information well, openness between partners (self-disclosure), clarity in speech, ability to focus on one topic of conversation, and respect for the other person. (Olson, 2000; Olson et al., 2014).

Communication is an important determinant of marital satisfaction. Renanita and Setiawan (2017) say that communication is a strong determinant of marital satisfaction between working and non-working wives. (Khorlina and Setiawan Doho & Setiawan) Marital Communication and Acceptance in Marriage Adjustment shows that communication is related to marital satisfaction between couples and adolescents. Rhenardo and Setiawan (2017) obtained similar results among taxi drivers. They revealed that communication contributes to marital satisfaction. No marriage lives without problems. Problems may arise, and one reason is that interaction between couples is not good enough. Individual personality factors affect good interactions. A personality can easily conform to a new situation; also, there is less ability to do it. More Research is needed to see the influence of certain personality types on marital adjustment " (Siow, 1998; Coles & Francesconi, 2011; Diaz-Gimenez & Giolito, 2013).

Madugah and Kwakye-Nuako (2016) conducted a study of 100 samples, that the relationship between personality and marital adjustment in a sample of the Nungua population in Ghana. Shows that married people with different personality traits adjust to marriage differently. Some theoretical views assume that a man (and in some models, a woman) prefers a younger partner for their "fitness" (Siow, 1998; Coles & Francesconi, 2011; Diaz-Gimenez & Giolito, 2013).

One of the paradigms and Research used to see a person's personality type is using Millon Clinical Multiaxial Inventory-IV (MCMI-IV). MCMI-IV was developed by Theodore Millon and continued by Seth Grossman and Carrie Millon (2015). MCMI-IV was one of the personality measuring instruments whose results can represent a person's personality.

This research is a new research on personality patterns that affect marital adjustment. using the MCMI IV measurement tool which correlates with DSM V. This study aims to see the extent to which the influence of a person's personality as measured by MCMI IV can influence Marital Adjustment. The hypothesis of this study is that a person's personality influences marital adjustment.

METHOD

Research participants

The participants comprise 10 married individuals Young couples who have a marriage age between 1 to 5 years live in Bandung. This Research also uses non-probability sampling,

which means purposive sampling. This sampling technique does not provide the same chance to other populations of being sampled—sampling by the considerations of this study. Questionnaires are the method of collecting data for this study. Likert is the questionnaire model. The rating scales are strongly agreed, agree, disagree, and strongly disagree. Subjects have to choose one of them depending on the suitability of the statement with the perceived situations. Depth interviews use to validate the marital adjustment of young couples with the age of marriage between 1 to 5 years. The data analysis technique carried out is inductive, namely an analysis based on the data obtained, then a certain relationship pattern is developed or a hypothesis is developed, then based on the hypothesis, the data is searched again and again until it can be concluded whether the hypothesis can be accepted or rejected. Demographic data show that most participants are 26– 35 years old (90%). Most educational levels are high school (80%) and undergraduate (20%). Most subjects work full time (80%); Subjects are in the range of 0–5 years of marriage The respondents were given informed consent before filling the questionnaire. Any private information, such as contact, education, and job, was protected. Every response was considered valid as long as it reflected the real situation. Respondents filled the questionnaire voluntarily and anonymously. By signing the informed consent, respondents confirmed that they agree to

The research design used is qualitative research using descriptive studies. uses a descriptive method, type of personality, and descriptive marital adjustment. Young-married couples aged under five years is the main subject of this Research. The data was measured using the MCMI-IV and DAS to obtain data related to marital adjustment and individual personality types. From the filtered personality types, a personality type description will appear according to the couple's marital adjustment. We will see how their marital adjustment goes, their communication pattern, and how they solve problems. Knowing their partner's personality type will also know which methods are suitable to solve the problems and conflicts of young couples during the marriage.

1. Marital Adjustment Measuring Tool

This Research uses the Dyadic Adjustment Scale (DAS) developed by Spanier (1976), which refers to dimensions of dyadic consensus, satisfaction, cohesion, and affectional expression.

2. Personality Measuring Tool Millon Clinical Multiaxial Inventory-IV

Developed by Theodore Millon and continued by Grossman and Millon (2015). MCMI-IV is a personality measurement tool whose results can represent a person's personality. MCMI-IV guidelines 1. V Scale > 1,2 ; W Scale > 19 ; X Scale < 7 and >114 ; 1-8B Scale (All) < 60 (BR).

RESULTS AND DISCUSSION

Based on data retrieval, then the following results are obtained :

Tabel 1.1 research result

Respondent	DAS Score	Personality Type		
Couple 1				
M R	125	Turbulent	Narcissistic	
G N S	123	Narcissistic	Paranoid	Histrionic
Couple 2				
A N	123	Narcissistic (85)	Melancholic	Paranoid
N G	129	Melancholic	Narcissistic	Negativistic
Couple 3				
E	133	Turbulent (85)	Histrionic	Narcissistic
E F H	105	Negativistic	Dependent	Paranoid
Couple 4				
A F H	116	Compulsive (100)	Narcissistic	Paranoid
R	129			
Couple 5				
Y A I	122	Narcissistic	Turbulent	Histrionic
M A	128	Histrionic	Turbulent	Narcissistic

Based on the results, the marital adjustment has been done on respondents of young couples with marriage age below five years and found that young couples have a high rate of marital adjustment; as a result, each couple has a score above 100.

Young couples aged below five years show their marital adjustment goes well. It may be caused by the number of respondents in this Research not much, then the results of this study have less effect on marital adjustment of young couples with marriage age below five years.

In this study, Millon's personality type affects the marital adjustment of young couples with a marriage age below five years. Millon's personality type positively affects marital adjustment in young couples with a marriage age under five years. It is because each partner's visible personality can complement and synergize.

The Turbulent personality type, Narcissist with a pattern of thinking that is always positive, has great energy and very bright ideas, is still in line with the Narcissistic Paranoid and Histrionic personality types in the first couple. The pattern of communication that exists between couples can complement each other. An energetic and passionate husband always encourages his wife, who has the behavior of wanting to present herself constantly. A wife who is always suspicious of her first partner can always be comforted by her husband, who has a calmer look. Expressive Behavior From Narcissitic is an attitude that looks bossie, arrogant, and

tends to insult other people, feeling better than other people in general. Often violates the conventional rules of social life together, sees him as a very special person, shows indifference to others, tends not to care about the rights of others and is more concerned with self-interest. (Millon, 2015)

In the second pair, a narcissistic personality who always wants to present himself, Melancholy can temper with the calmness they have. When they are suspicious of each other between partners, they can communicate things well between partners so that they can maintain trust in each other. So the value of their adjustment pattern is relatively high. In this case, the perception of emotions, reasoning about emotions, and regulating or managing emotions between partners are essential in marriage. Cognitive Style of Narcissistic personality has an undisciplined imagination and exhibits a preoccupation with immature and self glorifying fantasies of success, beauty, or love, is minimally constrained. (Millon, 2015)

People with turbulent personalities usually have a high spirit in doing something, but when that enthusiasm and energy are not focused on one particular goal. However, the negative personality type can balance the behavior, which has more behavioral patterns that tend to feel lacking and less understood. Sometimes they are stubborn and do not want to listen to their partner. However, if a communication pattern is still going well, everything in the family can be resolved. Indeed, sometimes there is a little dispute in their household, but when given understanding by the couple, they understand and conceive each other so the dispute can get through. It happened to the third subject where the established communication pattern was still perfect and smooth, so their marriage adjustment point was relatively high, as shown by the DAS results above 100.

In the fourth couple, the wife with a compulsive personality has enough problems with her mindset, which has to run in an orderly manner, but everything can be worth with couples who tend to think that everything is not a problem so that the communication pattern between the two partners is still very accepting and understanding. It can also be seen from the DAS results of the watershed that they still show a high number, so it can be sure that the pattern of marriage adjustment they experience in the household is quite adaptable. Expressive personality from Compulsive is Seen with a fairly rigid mindset, having a very organized and tightly structured life and mindset, perfectionism interferes in the decision-making process and in the completion of tasks.. (Milon, 2015)

Unlike the fifth couple, who have a personality type that is almost the same as each other, the Narcissistic and Histrionic personality types, who meet to get attention from the environment, have great energy and enthusiasm for doing things. So that the communication patterns that occur go hand in hand with each other. They can strengthen each other and support others in unstable emotional conditions. Even though they both have pretty selfish traits, they still understand each other and can accept whatever happens. The pattern of communication is quite busy and complimentary. Minor conflicts often occur, but they can also find a solution

quickly. Also, high DAS scores indicate they have a perfect adjustment in their marriage. The Expressive Behavior from Histrionic Personality is overactive, Seducer, easily provoked and provoke others, and attract attention, and do not tolerate inactivity, behavior that tends to be impulsive, very emotional, and show theatricality, describes a penchant for momentary excitement, short adventures and tends to hedonism. (Milon, 2015)

The researchers did not study gender, age of marriage, and income, but based on the results of interviews, these variables did not significantly affect marital adjustment. The gender variable did not show a significant effect on marital adjustment. It is not in line with Research conducted by Nema (2013), which shows that men have a better level of adjustment than women. Men can maintain a balance between family and society. Responsible for the needs of family members and the smooth functioning of the family, able to make an equal distribution of roles among family members and compared to women in adjusting time and energy for children, spouse, household activities, religious and social activities.

Based on the data analysis presented above, this study is in line with the Research proposed by Ghaemian and Gholami (2010), which states that there is no significant difference between men and women in marital adjustment. It is because the spouses enjoy the role of equality and equality with each other, participate and cooperate in all kinds of responsibilities that lead to reasonable marital adjustment.

Marriage age does not have a significant effect on marital adjustment. This Research is also not in line with Hurlock (1980), which states that couples must adjust to each other in the first years of marriage. Meanwhile, emotional tension often arises in making marriage adjustments, a vulnerable period for newly married couples. However, this study's results align with the Research of Ghoroghi, Hassan, and Baba (2015) that there is no correlation between marriage age and marital adjustment; marital adjustment remains relatively stable over time.

Based on the results above, we can analyze that a person's personality type will affect adjustment in marriage because it will form a diverse communication pattern between couples.

CONCLUSION

A person's personality type affects the marital adjustment of husband and wife. Certain personality types correlate with patterns of marital adjustment between partners.

SUGESSTION

Suggestions for further Research for this marriage-adjustment Research are:

1. Research can do more regarding the pattern of adjustment that occurs in marriages with an age range of more than five years.
2. A pattern of marital adjustment can carry through with various other problems, such as communication with a working wife or long-distance marriage.

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