

**PENGARUH *UNREALISTIC BELIEFS OF MARRIAGE* TERHADAP
PENYESUAIAN PERNIKAHAN PADA INDIVIDU YANG MENIKAH
MELALUI PROSES TA'ARUF**

SKRIPSI

Diajukan untuk Memenuhi Salah Satu Syarat Memperoleh Gelar Sarjana
Psikologi



Disusun oleh:

Devianti

NIM 1700544

**PROGRAM STUDI PSIKOLOGI
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA**

2022

**PENGARUH *UNREALISTIC BELIEFS OF MARRIAGE* TERHADAP
PENYESUAIAN PERNIKAHAN PADA INDIVIDU YANG MENIKAH
MELALUI PROSES TA'ARUF**

Oleh:
Devianti

Sebuah Skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh
gelar Sarjana di Program Studi Psikologi Fakultas Ilmu Pendidikan

©Devianti 2022
Universitas Pendidikan Indonesia
Agustus 2022

Hak cipta dilindungi undang-undang.
Skripsi ini tidak boleh diperbanyak seluruhnya atau hanya sebagian, dengan cetak
ulang, difotokopi, atau cara lainnya tanpa izin dari peneliti.

LEMBAR PENGESAHAN

Devianti

NIM. 1700544

Pengaruh *Unrealistic Beliefs of Marriage* terhadap Penyesuaian Pernikahan pada Individu yang Menikah melalui Proses Ta'aruf

Disetujui dan Disahkan oleh Pembimbing:

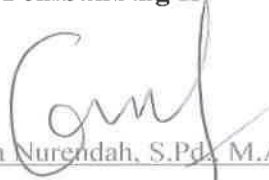
Pembimbing I



Dr. Sri Maslihah, M.Psi., Psikolog

NIP. 19700726 200312 2 001

Pembimbing II



Gemala Nurendah, S.Pd., M.A.

NIP. 19830202 201012 2 002

Mengetahui,

Ketua Program Studi Psikologi



Dr. Sri Maslihah, M.Psi., Psikolog

NIP. 19700726 200312 2 001

SKRIPSI INI TELAH DIUJIKAN PADA:

Hari, Tanggal : Senin, 22 Agustus 2022

Waktu : 10:00 WIB

Tempat : Ruang Sidang 2 Lt.8

Para Penguji Terdiri atas:

Penguji I



Dr. Sri Maslihah, M.Psi., Psikolog

NIP. 19700726 200312 2 001

Penguji II



Sitti Chotidjah, M.A., Psikolog

NIP. 19771205 200604 2 001

Penguji III



Muhammad Ariez Musthofa, M.Si.

NIP. 19740409 200812 1 002

Tanggung jawab yuridis ada pada:

Peneliti



Devianti

NIM. 1700544

ABSTRAK

Devianti (1700544). Pengaruh *Unrealistic Beliefs of Marriage* terhadap Penyesuaian Pernikahan pada Individu yang Menikah melalui Proses Ta'aruf. Skripsi. Prodi Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. (2022)

Tujuan penelitian ini untuk mengetahui pengaruh *unrealistic beliefs of marriage* terhadap penyesuaian pernikahan pada individu yang menikah melalui proses ta'aruf. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional. Sampel penelitian terdiri atas 98 individu yang menikah melalui ta'aruf (dengan rentang usia pernikahan 3-13 tahun). Data penelitian dikumpulkan menggunakan kuesioner *Relationship Beliefs Inventory (RBI)* ($\alpha = 0,66$) (Eidelson & Epstein, 1982), dan kuesioner *Revised Dyadic Adjustment Scale (RDAS)* ($\alpha = 0,74$) (Spanier, 1976). Data dianalisis menggunakan analisis regresi sederhana. Hasil penelitian menunjukkan nilai signifikansi sebesar ($\alpha=0,000$) ($p<0,001$). Merujuk pada hasil tersebut maka dapat disimpulkan bahwa *unrealistic beliefs of marriage* berpengaruh terhadap penyesuaian pernikahan secara signifikan.

Kata Kunci: *unrealistic beliefs of marriage*; penyesuaian pernikahan; ta'aruf.

ABSTRACT

Devianti (1700544). The Effect of Unrealistic Beliefs of Marriage on Marital Adjustment in Married Individuals through the Ta'aruf Process. Essay. Psychology Study Program, Faculty of Education, Indonesian Education University. (2022)

The purpose of this study is to determine the effect of unrealistic beliefs of marriage on marital adjustment in individuals who are married through the ta'aruf process. This study uses a quantitative method with a correlational design. The research sample consisted of 98 individuals who were married through ta'aruf (with a marriage age range of 3-13 years). Research data were collected using the Relationship Beliefs Inventory (RBI) questionnaire ($\alpha = 0.66$) (Eidelson & Epstein, 1982), and the Revised Dyadic Adjustment Scale (RDAS) questionnaire ($\alpha = 0.74$) (Spanier, 1976). Data were analyzed using simple regression analysis. The results showed a significance value of ($\alpha=0.000$) ($p<0.001$). Referring to these results, it can be concluded that unrealistic beliefs of marriage have a significant effect on marital adjustment.

Keywords: Unrealistic Beliefs of Marriage; Marital Adjustment; Ta'aruf.

DAFTAR ISI

KATA PENGANTAR	iii
DAFTAR ISI.....	vi
DAFTAR TABEL.....	Error! Bookmark not defined.
DAFTAR GAMBAR	Error! Bookmark not defined.
DAFTAR LAMPIRAN.....	Error! Bookmark not defined.
BAB I PENDAHULUAN.....	Error! Bookmark not defined.
A. Latar Belakang	Error! Bookmark not defined.
B. Rumusan Masalah Penelitian.....	Error! Bookmark not defined.
C. Tujuan Penelitian	Error! Bookmark not defined.
D. Manfaat Penelitian	Error! Bookmark not defined.
1. Manfaat Teoritis	Error! Bookmark not defined.
2. Manfaat Praktis	Error! Bookmark not defined.
BAB II KAJIAN PUSTAKA	Error! Bookmark not defined.
A. Pernikahan.....	Error! Bookmark not defined.
1. Definisi Pernikahan	Error! Bookmark not defined.
2. Faktor yang Memengaruhi Pernikahan.....	Error! Bookmark not defined.
B. <i>Unrealistic beliefs of marriage</i>	Error! Bookmark not defined.
1. Definisi <i>Unrealistic beliefs of marriage</i>	Error! Bookmark not defined.
2. Dimensi <i>Unrealistic beliefs of marriage</i>	Error! Bookmark not defined.
3. Faktor yang Memengaruhi <i>Unrealistic beliefs of marriage</i>	Error! Bookmark not defined.
C. Penyesuaian Pernikahan.....	Error! Bookmark not defined.
1. Definisi Penyesuaian Pernikahan	Error! Bookmark not defined.
2. Dimensi Penyesuaian Pernikahan	Error! Bookmark not defined.
3. Faktor yang Memengaruhi Penyesuaian pernikahan.....	Error! Bookmark not defined.
D. Proses Ta'aruf	Error! Bookmark not defined.
1. Definisi Ta'aruf.....	Error! Bookmark not defined.
2. Tata Cara Ta'aruf	Error! Bookmark not defined.

E.	Kerangka Berpikir.....	Error! Bookmark not defined.
F.	Asumsi	Error! Bookmark not defined.
G.	Hipotesis Penelitian	Error! Bookmark not defined.
BAB III METODE PENELITIAN.....		Error! Bookmark not defined.
A.	Desain Penelitian	Error! Bookmark not defined.
B.	Populasi, Sampel, dan Partisipan Penelitian	Error! Bookmark not defined.
C.	Variabel Penelitian dan Definisi Operasional	Error! Bookmark not defined.
	1. <i>Unrealistic beliefs of marriage</i> (Variabel Bebas)	Error! Bookmark not defined.
	2. Penyesuaian Pernikahan (Variabel Terikat)	Error! Bookmark not defined.
D.	Instrumen Penelitian	Error! Bookmark not defined.
	1. Instrumen <i>Unrealistic beliefs of marriage</i>	Error! Bookmark not defined.
	2. Instrumen Penyesuaian Pernikahan.....	Error! Bookmark not defined.
E.	Proses Adaptasi dan Pengembangan Instrumen	Error! Bookmark not defined.
	1. <i>Expert Judgement</i>	Error! Bookmark not defined.
	2. Analisis Item Instrumen	Error! Bookmark not defined.
	3. Reliabilitas Instrumen	Error! Bookmark not defined.
F.	Teknik Analisis Data.....	Error! Bookmark not defined.
	1. Uji Normalitas	Error! Bookmark not defined.
	2. Uji Linieritas	Error! Bookmark not defined.
	3. Uji Heteroskedastisitas	Error! Bookmark not defined.
G.	Prosedur Penelitian	Error! Bookmark not defined.
	1. Tahap Persiapan	Error! Bookmark not defined.
	2. Tahap Pelaksanaan	Error! Bookmark not defined.
	3. Tahap Pengolahan Data.....	Error! Bookmark not defined.
	4. Tahap Akhir.....	Error! Bookmark not defined.
BAB IV HASIL DAN PEMBAHASAN		Error! Bookmark not defined.

A. Data Demografis Responden	Error! Bookmark not defined.
B. Hasil Data Deskriptif <i>Unrealistic Beliefs of Marriage</i>	Error! Bookmark not defined.
1. Gambaran Umum <i>Unrealistic Beliefs of Marriage</i>	Error! Bookmark not defined.
2. Gambaran Demografis <i>Unrealistic Beliefs of Marriage</i>	Error! Bookmark not defined.
C. Hasil Data Deskriptif Penyesuaian Pernikahan	Error! Bookmark not defined.
1. Gambaran Umum Penyesuaian Pernikahan	Error! Bookmark not defined.
2. Gambaran Demografis Penyesuaian Pernikahan	Error! Bookmark not defined.
D. Hasil Uji Hipotesis	Error! Bookmark not defined.
E. Pembahasan.....	Error! Bookmark not defined.
F. Keterbatasan Penelitian.....	Error! Bookmark not defined.
BAB V SIMPULAN DAN REKOMENDASI	Error! Bookmark not defined.
A. Simpulan	Error! Bookmark not defined.
B. Rekomendasi.....	Error! Bookmark not defined.
DAFTAR PUSTAKA	ix
LAMPIRAN	Error! Bookmark not defined.

DAFTAR PUSTAKA

- Abdurrahman, Y. (2013). *Risalah Khitbah, Panduan Islami Dalam Memilih Pasangan & Meminang*. Al Azhar Press.
- Arikunto, S. (2006). *Prosedur Penelitian: Suatu Pendekatan Praktik*. Rineka Cipta.
- Astasari, N., & Lestari, M. (2016). HUBUNGAN KECERDASAN EMOSIONAL DENGAN PENYESUAIAN PERNIKAHAN PADA WANITA BALI YANG MENJALANI PERNIKAHAN NGEROB DI DENPASAR. *Jurnal Psikologi Udayana*.
- Azwar, S. (2019). *Metode Penelitian Psikologi (2nd Editio)*. Pustaka Pelajar.
- Bali, A., Dhingra, R., & Baru, A. (2010). Marital Adjustment of Childless Couples. *Journal of Social Sciences*, 24(1), 73–76. <https://doi.org/10.1080/09718923.2010.11892839>
- Baucom, D. H., & Epstein, N. (1990). *Cognitive-behavioral marital therapy*. Brunner/Mazel.
- Baucom, D. H., Epstein, N., Rankin, L. A., & Burnett, C. K. (1996). Assessing relationship standards: The inventory of specific relationship standards. *Journal of Family Psychology*, 10, 72–88.
- Busby, D. M., Christensen, C., Crane, D. R., & Larson, J. H. (1995). A revision of the Dyadic Adjustment Scale for use with distressed and nondistressed couples. *Journal of Marital and Family Therapy*, 21(3), 289–308.
- Casad, B. J., Salazar, M. M., & Macina, V. (2015). The Real Versus the Ideal: Predicting Relationship Satisfaction and Well-Being From Endorsement of Marriage Myths and Benevolent Sexism. *Psychology of Women Quarterly*, 39(1), 119–129. <https://doi.org/10.1177/0361684314528304>
- Creswell, J. . (2012). *Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research (4th Ed.)*. Pearson.
- David, D., Lynn, S., Ellis, A., & Wilson, D. S. (2009). Rational and Irrational Beliefs from an Evolutionary Perspective. In *Rational and Irrational Beliefs*. <https://doi.org/10.1093/acprof:oso/9780195182231.003.0004>
- Davidoff, L. . (1991). *Psikologi suatu Pengantar, Jilid 2 (Edisi kedu)*. Erlangga.

- Dewi, P., & Wilani, N. (2016). Hubungan antara kecerdasan emosional dan penyesuaian pernikahan pada pria dewasa awal di Denpasar. *Jurnal Psikologi Udayana*.
- Doherty, W. J. (1981). Cognitive processes in intimate conflict: II. Efficacy and learned helplessness. *American Journal of Family Therapy*, 9.
- Duval, E. M., & Miller, B. C. (2000). *Marriage and Family Development*. Harper and Row Publishers.
- Duvall, E. M. (1977). *Marriage and Family Development*. J. B. Lippincott.
- Duvall, E. M., & Miller, B. C. (1985). *Marriage and Family Development* (6th editio). Harper & Row Publishers.
- Eidelson, R. J., & Epstein, N. (1982). Cognition and relationship maladjustment: Development of a measure of dysfunctional relationship beliefs. *Journal of Consulting and Clinical Psychology*, 50(5), 715–720. <https://doi.org/10.1037/0022-006X.50.5.715>
- ELLIS, A. (1962). *Reason and Emotion in Psychotherapy*. Lyle Stuart.
- ELLIS, A. (1980). Symposium presentation at Directive Psychotherapy: Current Status and Future Directions conference.
- Epstein, N., & Eidelson, R. J. (1981). Unrealistic beliefs of clinical couples: Their relationship to expectations, goals and satisfaction. *American Journal of Family Therapy*, 9(4), 13–22. <https://doi.org/10.1080/01926188108250420>
- Galician, M.-L. (2007). “Dis-illusioning” as discovery: The research basis and media literacy applications of Dr. FUN’s mass media love quiz and Dr. Galician’s prescriptions. In *Critical thinking about sex, love, and romance in mass media: Media literacy applications* (pp. 1–20). Erlbaum.
- Galloway, L., Engstrom, E., & Emmers-Sommer, T. M. (2015). Does Movie Viewing Cultivate Young People’s Unrealistic Expectations About Love and Marriage? *Marriage and Family Review*, 51(8), 687–712. <https://doi.org/10.1080/01494929.2015.1061629>
- Ghasemi, A., & Zahediasl, S. (2012). Normality Tests for Statistical Analysis: A Guide for Non-Statisticians. *International Journal of Endocrinology and Metabolism*, 10, 486–48.

- Gottman, J., Notarius, C., Gonso, J., & Markman, H. (1976). *A couple's guide to communication*. Research Press.
- Hall, S. S., & Adams, R. (2011). Newlyweds' Unexpected Adjustments to Marriage. *Family and Consumer Sciences Research Journal*, 39(4), 375–387. <https://doi.org/10.1111/j.1552-3934.2011.02076.x>
- Hana, L. (2012). *Taaruf: proses perjodohan sesuai syariat islam*. PT. Elex Media Komputindo.
- Hurlock, E. B. (2002). *Psikologi Perkembangan: suatu pendekatan sepanjang rentang kehidupan (Edisi Keli)*. Erlangga.
- Ibrahim, Z. (2022). *Psikologi Wanita*. Pustaka Hidayah.
- Imtichanah, L. (2006). *Ta'aruf, Keren...! Pacaran, Sorry Men! (Cetakan I)*. PT. Lingkar Pena Kreativa.
- Jacobson, N. S., & Margolin, G. (1979). *Marital therapy: Strategies based on social learning and behavior exchange principles*. Brunner/ Mazel.
- James, S., Hunsley, J., & Hemsworth, D. (2002). Factor Structure of The Relationship Beliefs Inventory. *Cognitive Therapy and Research*, 6, 729–744. <https://doi.org/10.1023/A>
- Jin, B., & Kim, J. (2015). Television Drama Viewing and Romantic beliefs: Considering Parasocial Interaction and Attachment Style. *International Journal of Humanities and Social Science*, 5(10).
- Jones, R. G. (1968). *A FACTORED MEASURE OF ELLIS' IRRATIONAL BELIEFS SYSTEM, WITH PERSONALITY AND MALADJUSTMENT CORRELATES*. Texas Technological College.
- Juvva, S., & Bhatti, R. S. (2006). Epigenetic model of marital expectations. *Contemporary Family Therapy*, 28(1), 61–72. <https://doi.org/10.1007/s10591-006-9695-2>
- Kaplan, H. S. (1974). *The new sex therapy: Active treatment of sexual dysfunctions*. Brunner/Mazel.
- Kendrick, H. M., & Drentea, P. (2016). Marital Adjustment. *Encyclopedia of Family Studies*, 1–2. <https://doi.org/10.1002/9781119085621.wbef071>

- Kumari, R. (2014). Marital adjustment, stress and depression among working and non-working married woman : a case study of Ranchi town in Jharkhand. *Jharkhand Journal of Social Development*, 7((1 & 2)), 1–6.
- Lederer, W. J., & Jackson, D. D. (1968). *The mirages of marriage*. Norton.
- Lemeshow. (1997). *Besar Sampel dalam Penelitian Kesehatan*. Universitas Gadjah Mada.
- Marni. (2018). Marital Adjustment and Satisfaction on Married Individual Through Ta'aruf Process. *PSIKOBORNEO*, 6(3), 520–534.
- Mayer, J. D., Salovey, P., & Caruso, D. R. (2016). Theory, findings, and implications. *Psychological Inquiry*, 15.
- McDonald, G. W. (1981). Structural exchange and marital interaction. *Journal of Marriage and the Family*, 43.
- McNulty, J. K., & Karney, B. R. (2002). Expectancy confirmation in appraisals of marital interactions. *Personality and Social Psychology Bulletin*, 28.
- Murray, S. L., Griffin, D. W., Derrick, J. L., Harris, B., Aloni, M., & Leder, S. (2011). Tempting fate or inviting happiness? Unrealistic idealization prevents the decline of marital satisfaction. *Psychological Science*, 22, 619–626.
- Neff, L. A., & Geers, A. L. (2013). Optimistic Expectations in Early Marriage: A Resource or Vulnerability for Adaptive Relationship Functioning? *Journal of Personality and Social Psychology*, 105(1), 38–60. <https://doi.org/10.1037/a0032600>
- Pretzer, J., Epstein, N., & Flemming, B. (1991). The Marital Attitude Survey: A measure of dysfunctional attributions and expectancies. *The Journal of Cognitive Psychotherapy: An International Quarterly*, 5.
- Pusparini, A. (2013). *Agar Ta'aruf Cinta Berbuah Pahala* (2nd ed.). Pro-U Media.
- Rodgers, R. H., & White, J. M. (1993). Family Development Theory. In *Sourcebook of family theories and methods: A contextual approach* (pp. 225–254). Platinum Press.
- Rosita, K., & Indriana, Y. (2014). Pengalaman Subjektif Istri yang Menikah dengan Proses Ta'aruf. *Jurnal Psikologi UNDIP*, 3.

- Sari, D. M. P., Yuliadi, I., & Setyanto, A. T. (2016). Kepuasan pernikahan ditinjau dari marital expectation dan keintiman hubungan pada pasangan ta' aruf. *Wacana*, 8(2), 1–15.
- Satir, V. (1967). *Conjoint Family Therapy*. In *Science & Behavior Book*.
- Schneiders, A. A. (1999). *Personal Adjustment and Mental Health*. Holt, Reinhart and Winston Inc.
- Segrin, C., & Nabi, R. L. (2002). Does television viewing cultivate unrealistic expectations about marriage? *Journal of Communication*, 52(2), 247–263. <https://doi.org/10.1093/joc/52.2.247>
- Setiawati, F. A., & Nurhayati, S. R. (2020). Kualitas perkawinan orang Jawa : Tinjauan faktor jenis kelamin, usia perkawinan, jumlah anak, dan pengeluaran keluarga. *Jurnal Ilmu Keluarga Dan Konsumen*, 13(1), 13– 24.
- Sharp, E. A., & Ganong, L. H. (2000). Raising awareness about marital expectations: Are unrealistic beliefs changed by integrative teaching? *Family Relations*, 49(1), 71–76. <https://doi.org/10.1111/j.1741-3729.2000.00071.x>
- Siauw, F. Y. (2013). *Udah Pututsin Aja!* Mizania.
- Spanier, G. B. (1976). for Adjustment : New the of Marriage Quality Similar. *Journal of Marriage and Family*, 38(1), 15–28.
- Sumarna, E. (2015). *Studi mengenai marital adjustment pada pasangan yang menikah melalui proses ta'aruf di majelis ta'lim X kota Bandung*. Universitas Islam Bandung.
- Susetiowati, S. M., & Andayani, B. (2018). *Perbandingan Hasil Penyesuaian Pernikahan ditinjau dari Berpacaran dan Ta'aruf*. Universitas Gadjah Mada.
- Syifa Fadhillah, T., & Ratnasari, Y. (2022). Analysis of Emotional Suppression and Marital Distress in the First Five Years of Marriage. *KnE Social Sciences*, 2021(ICoPsy 2021), 157–167. <https://doi.org/10.18502/kss.v7i1.10209>
- Tihami, M. . (2009). *Fikih Munakahat: Kajian Fikih Nikah Lengkap*. Rajawali Pres.
- Vannier, S. A., & O'Sullivan, L. F. (2017). Passion, connection, and destiny: How romantic expectations help predict satisfaction and commitment in young adults' dating relationships. *Journal of Social and Personal Relationships*, 34(2), 235–257. <https://doi.org/10.1177/0265407516631156>

- Wahyuni, K. (2021). Self-Disclosure in The Form of Privacy A er Marriage in Marital Couples that Married Through Ta ' aruf.
- Walen, S. R. (1980). Cognitive factors in sexual behavior. *Journal of Sex and Marital Therapy*, 6.
- Weiten, W., & Lloyd, M. . (2006). *Psychology Applied Modern Life: Adjustment In The 21st Century* (8th Editio). Thomson Higher Education.
- Widiarti, A. (2010). Tak kenal maka ta'aruf. Era Adicitra Intermedia.
- Wuryandari, M., Indrawati, E. S., & Siswati. (2010). Perbedaan persepsi suami istri terhadap kualitas pernikahan antara yang menikah dengan pacaran dan. 05(60), 1–28.
- Yani, T., & Milla, M. N. (2011). Studi Fenomenologi Penyesuaian Perkawinan pada Perempuan yang Menikah Melalui Proses Ta'aruf. In *Jurnal Psikologi* (Vol. 7, Issue 1, pp. 33–46).
- Zilbergeld, B. (1979). *Male sexuality*. Little, Brown.