

## Gambaran pengambilan keputusan berselingkuh pada suami yang mengaku mencintai istrinya = Decision making process for having an affair in married men who say they love their wife

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### Abstrak

Perselingkuhan dalam kehidupan perkawinan semakin lama semakin marak. Berdasarkan penelitian-penelitian sebelumnya, ditemukan bahwa perbandingan suami yang berselingkuh dua kali lipat dari jumlah istri yang selingkuh (Schwartz & Livers, 1998). Perselingkuhan sendiri diartikan oleh Subotnik (2005) sebagai tidak setia, melanggar sumpah atau komitmen bersama. Meskipun ia tidak membatasi perselingkuhan pada perkawinan namun karena adanya ikatan hukum (Malik, 2001) sehingga pelanggaran komitmen pada perselingkuhan dalam perkawinan lebih terlihat jelas.

Pada zaman modern ini sebagian besar kehidupan perkawinan didasari oleh rasa cinta antar kedua individu (Dreitzel, 1972; Regan, 2003). Sternberg (1998) mengemukakan bahwa dalam perasaan cinta terdapat tiga elemen; passion, intimacy, dan commitment. Melihat hal tersebut, seharusnya seorang suami yang mencintai istrinya tidak melakukan perselingkuhan karena dalam cintanya ada elemen komitmen. Pertanyaan yang kemudian timbul adalah bagaimana sehingga para suami tersebut, yang mengatakan masih mencintai istri mereka, akhirnya mengambil keputusan untuk berselingkuh? Bagaimanakah gambaran pengambilan keputusan untuk berselingkuh pada suami yang mengaku mencintai istrinya?

Penelitian ini dilakukan melalui wawancara terhadap dua orang partisipan. Hasil penelitian menunjukkan bahwa alasan mengapa para suami tersebut berselingkuh karena mereka menganggap selingkuh merupakan alternatif solusi masalah mereka yang memiliki nilai positif terbanyak. Selain itu, ada keyakinan bahwa mereka begitu ahli menyembunyikan perselingkuhan tersebut sehingga istri mereka tidak akan tahu.

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More and more married people are interested in committing infidelity recently. Researches found out that the number of husbands who committed infidelity are two times bigger than the number of wives who did it (Scwartz & Livers, 1998) Infidelity is defined by Subotnik (2005) as unfaithfulness, breaking the vows and commitments. Although he does not limit his definition about it only in a marriage but because a marriage is also a legal relationship (Malik 2001), the effect of committing infidelity in a marriage life can be seen more clearly.

In this modern era, most marriage life is based on the love between the two individuals (Dreitzal, 1972, Regan, 2003). Sternberg (1998) states than there are three elements in love; passion, intimacy, and commitment. Hence, a husband who loves his wife should not commit infidelity because of his commitment to his wife. The question is, how those husbands, who love their wife, finally decide to go to another woman? How is their thinking process which leads them to finally commit infidelity although they say they love their wife?

This research is done by interviewing two participants. The result of it shows that the reason these husbands commit infidelity is because they think that it is an alternative solution to their problems which has the most advantage. They also believe that they can hide it so well that their wife will not find out.