

Gajah di depan mata tak terlihat: efek stres internal minor terhadap kepuasan pernikahan pada pasangan antarbudaya di Indonesia = The elephant in the room: the effect of internal minor stress on marital satisfaction in Indonesian intercultural couples

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Abstrak

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Pasangan yang menikah antarbudaya kerap mengalami perselisihan yang menimbulkan stres internal minor dalam hubungan. Pada hubungan pernikahan, pengaruh negatif stres internal minor terhadap kepuasan pernikahan tidak hanya memengaruhi individu, namun juga pasangannya. Data diambil dari 45 pasang suami istri yang menikah antarbudaya, berasal dari daerah Jabodetabek, Bandung, dan Pekanbaru. Analisis data dilakukan menggunakan Actor-Partner Interdependence Model pada aplikasi APIM_SEM. Hasil penelitian menunjukkan bahwa stres internal minor individu memengaruhi kepuasan pernikahan individu secara negatif (p istri = 011, p suami = 018), namun tidak memengaruhi kepuasan pernikahan pasangan.

ABSTRACT

Intercultural couples face cultural conflicts inside their marriage, resulting in internal minor stress. Stress as dyadic phenomenon commonly found in marriage affects both individuals inside their relationship. As a result, couples experience low levels of marital satisfaction. 45 intercultural couples from Jabodetabek, Bandung, and Pekanbaru completed this study. The highlight of this study was the use of Actor-Partner Interdependence Model in data analysis, using the APIM_SEM app. The result from this study implied that internal minor stress affected marital satisfaction in an individual level ($p = .011$ for wives, $p = .018$ for husbands). No significant effects were found in partner-effect.