

Apakah human values dan strategi resolusi konflik berperan pada tercapainya kepuasan pernikahan: studi pernikahan pada generasi Y = Do human values and conflict resolution strategy have role on achieving marital satisfaction: a research on marriage on generation Y

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Abstrak

Kepuasan pernikahan berperan penting dalam kehidupan. Sebelum menjadi pasangan suami istri, individu memiliki faktor personal yang dibawa dan mempengaruhi dinamika pernikahan dan bagaimana pandangan individu terkait pernikahannya. Penelitian ini akan melihat apakah human values sebagai faktor personal dapat secara signifikan mempengaruhi kepuasan pernikahan, lebih lanjut juga melihat apakah jenis strategi resolusi memoderasi pengaruh human values terhadap kepuasan pernikahan. Sebanyak 329 partisipan yang merupakan generasi Y dan sudah menikah selama 1 tahun terlibat dalam penelitian ini. Setiap partisipan diminta untuk mengisi Portrait Values Questioner (PVQ), Conflict Resolution Inventory (CRI) dan Quality Marriage Index (QMI).

Hasil penelitian ini menemukan bahwa human values merupakan prediktor yang signifikan terhadap kepuasan pernikahan, dimana nilai self-enhancement dan openness to change memiliki hubungan negatif terhadap kepuasan pernikahan ($B = -3.253, p.01$; $B = -1.802, p.01$) sementara nilai self-transcendence ($B = 5.789, p.01$) memiliki hubungan positif terhadap kepuasan pernikahan. Selain itu juga ditemukan jenis strategi resolusi positive problem solving memoderasi hubungan self-transcendence dan kepuasan pernikahan ($B = -0.448, p.05$). Hasil penelitian ini bermanfaat untuk praktisi psikolog dan calon pasangan suami istri agar dapat mempertimbangkan peran human values dan melatih teknik positive problem solving. Penelitian lanjutan dapat dilakukan dengan melibatkan pasangan atau pada populasi bercerai untuk melihat peran nilai dan strategi resolusi konfliknya.

.....Marriage satisfaction plays an important role in life. Before becoming a husband and wife, individuals have personal factors that are brought and influence the dynamics of marriage and how the individual views related to marriage. This study purpose to found out whether human values as a personal factor can significantly influence marital satisfaction, and also look at whether the type of conflict resolution strategy moderates the influence of human values on marital satisfaction. A total of 329 participants who were generation Y and had been married for at least a year were involved in this study. Each participant was asked to fill in the Portrait Values Questioner (PVQ), Conflict Resolution Inventory (CRI) and Quality Marriage Index (QMI).

The results of this study found that human values are a significant predictor of marital satisfaction, where self-enhancement and openness to change values have a negative relationship with marital satisfaction ($B = -3,253, p .01$; $B = -1.802, p .01$) while the value of self-transcendence ($B = 5.789, p .01$) have positive relationship with marital satisfaction. It also found positive problem solving strategies moderate the relationship between self-transcendence and marital satisfaction ($B = -0.448, p .05$). The results of this study are useful for practitioners and potential couples to consider the role of human values and practice positive problem solving techniques. Further research can be done by involving partners or divorced populations to see the role of values and conflict resolution strategies.