

## Peran perceived fairness dan expressive suppression terhadap marital distress = The role of perceived fairness and expressive suppression on marital distress.

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### Abstrak

Usia awal perkawinan menuntut pasangan suami istri untuk menyesuaikan diri. Pandemi COVID-19 juga menambah tantangan bagi pasangan yang bisa menyebabkan marital distress. Penelitian ini diikuti oleh 1.144 WNI yang berada pada usia perkawinan 0-5 tahun dengan perbandingan 74% partisipan perempuan dan 26% partisipan laki-laki. Hasil analisis regresi pada seluruh partisipan menunjukkan bahwa perceived fairness dan expressive suppression berkontribusi sebesar 16% dalam memprediksi marital distress pada lima tahun pertama perkawinan di luar pengaruh variabel kovariat  $F(2, 1133) = 124,025$ ,  $R^2 = 0,269$ ,  $p < 0,001$ . Penelitian ini juga menunjukkan bahwa perceived fairness (total partisipan = 0,403, kelompok perempuan = 0,420, kelompok laki-laki = 0,305) berperan lebih besar daripada expressive suppression (total partisipan = -0.078, kelompok perempuan = -0.063, kelompok laki-laki = -0.097) dalam memprediksi marital distress. Kemudian hasil analisis regresi pada kelompok perempuan menunjukkan bahwa perceived fairness dan expressive suppression berkontribusi sebesar 17,3% dalam memprediksi marital distress pada lima tahun pertama perkawinan di luar pengaruh variabel kovariat,  $F(2, 835) = 102,782$ ,  $R^2 = 0,298$ ,  $p < 0,001$ . Sedangkan pada kelompok laki-laki, hasil analisis regresi menunjukkan bahwa perceived fairness dan expressive suppression berkontribusi sebesar 9,2% dalam memprediksi marital distress pada lima tahun pertama perkawinan di luar pengaruh variabel kovariat,  $F(2, 294) = 17,420$ ,  $R^2 = 0,226$ ,  $p < 0,001$ . Berdasarkan hasil regresi, dapat dilihat bahwa kontribusi perceived fairness dan expressive suppression dalam memprediksi marital distress pada perempuan lebih besar dibandingkan kontribusi perceived fairness dan expressive suppression dalam memprediksi marital distress pada laki-laki. Hasil dari penelitian ini dapat menjadi bahan pertimbangan bagi pasangan untuk terhindar dari marital distress.

.....Early years of marriage require plenty of adjustment for married couples. COVID-19 pandemic gives additional challenges that can lead married couples to marital distress. This research is participated by 1,144 Indonesian citizen in the first five years of marriage that consisted of 74% female and 26% male participants. Regression analysis shows that perceived fairness and expressive suppression give 16% contribution in predicting marital distress in the first five years of marriage in both female and male participant  $F(2, 1133) = 124.025$ ,  $R^2 = 0.269$ ,  $p < .001$ . This research also shows that perceived fairness (total participant = 0.403, female group = 0.420, male group = 0.305) consistently gives bigger contribution than expressive suppression (total participant = -0.078, female group = -0.063, male group = -0.097) in different groups. In the female group, regression analysis shows that perceived fairness and expressive suppression give 17.3% contribution in predicting marital distress in the first five years of marriage,  $F(2, 835) = 102.782$ ,  $R^2 = .298$ ,  $p < .001$ . In the male group, regression analysis shows that perceived fairness and expressive suppression give 9.2% contribution in predicting marital distress in the first five years of marriage,  $F(2, 294) = 17.420$ ,  $R^2 = .226$ ,  $p < .001$ . These results indicate that perceived fairness and expressive suppression give greater contribution in predicting marital distress in female compared to predicting marital distress in male. These findings can be used by married couples to avoid marital distress.