

Hubungan antara kebosanan, religious coping, traits kepribadian dengan kepuasan perkawinan pada masa pandemi COVID-19 di Indonesia = The relationship of boredom, religious coping, personality traits with marital satisfaction during the Covid-19 pandemic in Indonesia

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Abstrak

Pandemi COVID-19 membawa berbagai dampak masalah psikologis kepada pasangan menikah. Penelitian ini bertujuan untuk melihat hubungan antara kebosanan, religious coping, dan traits kepribadian dengan kepuasan perkawinan selama masa pandemi COVID-19 di Indonesia. Partisipan terdiri dari 287 orang Indonesia berstatus menikah, terdiri dari 199 perempuan dan 88 laki-laki (usia 20-65 tahun). Pengukuran dilakukan dengan ENRICH Marital Satisfaction (EMS), State Boredom Measure (SBM), Iranian Religious Coping (IRCOPE), dan IPIP-BFM-25 Indonesia. Data di analisis dengan Pearson's correlation. Hasil penelitian menunjukkan adanya korelasi negatif antara kebosanan dan kepuasan perkawinan, ada korelasi positif antara semua traits kepribadian (emotional stability, conscientiousness, intellect, extraversion, agreeableness) dan kepuasan perkawinan, dan tidak ada korelasi antara religious coping (benevolent reappraisal, religious practice, active religious coping, passive religious coping, negative feelings toward God) dan kepuasan perkawinan. Implikasi praktis dari hasil penelitian adalah untuk memperhatikan pentingnya mengatasi kebosanan dan mengembangkan religious coping yang tepat agar dapat meningkatkan kepuasan perkawinan di masa pandemi dan selanjutnya.

.....COVID-19 pandemic cause psychological problems for marital couple. This study investigated the relationship between boredom, religious coping, and personality traits with marital satisfaction during the COVID-19 pandemic in Indonesia. Participants were 287 married individuals (20-65 years old), consisting 199 women and 88 men, living in Indonesia. Data were collected through online survey forms using ENRICH Marital Satisfaction (EMS), State Boredom Measure (SBM), Iran Religiosity Coping (IRCOPE), and Personality Traits (IPIP-BFM-25 Indonesia). The results showed a negative correlation between boredom and marital satisfaction and positive correlations between personality traits (emotional stability, conscientiousness, intellect, extraversion, agreeableness) and marital satisfaction. However, there was no significant correlation between religious coping (benevolent reappraisal, religious practice, active religious coping, passive religious coping, negative feelings toward God) and marital satisfaction. The result showed the importance of overcoming boredom and develop the right religious coping to improve marital satisfaction during the COVID-19 pandemic in Indonesia.