

GAMBARAN KECEMASAN PERNIKAHAN PADA PEREMPUAN DEWASA AWAL YANG MENGALAMI FATHERLESS AKIBAT PERCERAIAN

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ABSTRAK

Indonesia menempati urutan ketiga sebagai fatherless country. Dampak fatherless akan terlihat saat anak memasuki dewasa awal, dimana anak akan dihadapkan pada tugas perkembangan yaitu membangun rumah tangga. Wanita dewasa awal belum menikah kebanyakan disebabkan karena adanya faktor afektif yang mempengaruhi emosi individu, dimana individu merasa cemas, khawatir, dan gelisah saat memikirkan mengenai kehidupan pernikahan karena adanya pengalaman buruk di pernikahan orang tua yang membuat subjek kehilangan peran ayah (fatherless). Penelitian ini bertujuan untuk mengetahui gambaran kecemasan pernikahan pada perempuan dewasa awal yang mengalami fatherless akibat perceraian. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan studi kasus. Teori kecemasan dari Nevid, dkk (2018) juga digunakan sebagai acuan penelitian ini, dimana terdapat 3 aspek yaitu aspek fisik, perilaku, dan kognitif. Penelitian ini menggunakan teknik purposive sampling sebagai teknik pengambilan subjek. Subjek penelitian ini berjumlah 3 perempuan dewasa awal berusia 18-40 tahun dengan kondisi fatherless akibat perceraian orang tua dan berasal dari Jawa Barat serta 3 significant other yang merupakan sahabat subjek. Adapun hasil dari penelitian ini yaitu ketiga subjek memenuhi semua aspek kecemasan menurut Nevid, dkk (2018) meliputi aspek fisik, aspek perilaku, dan aspek kognitif serta faktor yang paling nampak mempengaruhi kecemasan ketiga subjek adalah faktor perilaku, kognitif dan emosional, dukungan sosial, serta lingkungan. Sehingga dapat disimpulkan bahwa ketiga subjek mengalami kecemasan khususnya terhadap pernikahan akibat perceraian orang tua.

Kata Kunci: *Fatherless, Kecemasan, Perceraian, Perempuan Dewasa Awal*

OVERVIEW OF MARRIAGE ANXIETY IN EARLY ADULT WOMEN WHO EXPERIENCE FATHERLESSNESS DIVORCE EFFECT

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ABSTRACT

Indonesia is ranked as the third country with the highest rate of fatherlessness. The consequences of growing up without a father figure become apparent as children transition into early adulthood when they are tasked with the responsibility of establishing their households. Unmarried young women in early adulthood often attribute their single status to emotional factors stemming from their upbringing, such as feelings of anxiety, worry, and unease when contemplating marriage due to negative experiences within their parents' marriage, which resulted in the absence of a father figure. This study seeks to provide an in-depth understanding of the anxiety surrounding marriage among young women who have experienced fatherlessness. The qualitative research method, employing a case study approach, was utilized for this study. Nevid et al.'s (2018) anxiety theory, which encompasses physical, behavioral, and cognitive aspects, served as a key reference for this research. Purposive sampling was employed to select the participants, consisting of three fatherless early adult women aged 18-40 from West Java, as well as three significant others who were friends of the participants. Meanwhile, data collection techniques were carried out using interviews, observation, and documentation. The results of this research show that the three subjects fulfil all aspects of anxiety, according to Nevid et al. (2018), including physical aspects, behavioral aspects and cognitive aspects, and the factors that most appear to influence the anxiety of the three subjects are behavioral, cognitive and emotional, social support, and environment. So, it can be concluded that the three subjects experienced anxiety, especially regarding marriage, due to their parents' divorce.

Keywords: Anxiety, Divorce, Early Adult Woman, Fatherless