

A Case Study on Marital Satisfaction of a Married Couple Living in The Same House with Their Parents

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Abstract. Marital satisfaction is a pleasant feeling in living a happy life with a partner, interactive communication, freedom in the household. Couples who live in the same house with their parents experience a lot of emotional stress, lack of quality with their spouse, dominating childcare is the parents, couples do not have the freedom to do activities and solve problems and the problem-solving process involves parents. The objectives of this study are (1) To explore marital satisfaction in couples who live in the same house with parents, (2) Implementation of satisfaction management in marriage. Qualitative research method with a case study approach. Data collection techniques consist of observation, interviews, and documentation. Data analysis with three stages; the first stage is data reduction, data presentation, and triangulation. The results showed: (1) Marriage satisfaction in the household is based on 5 aspects, namely: a. Age of marriage; having readiness in terms of age is able to foster a sense of responsibility and cooperation between the appropriate spouses, b. educational background and equal income, c. Educational background and equal income, and d. Educational background and equal income. Educational background and income are equal, and have a steady income, c. Religion; strength and similarity in religious activities, d. Emotional Support; understanding the conditions between spouses. Emotional support; understanding the conditions between spouses, having two-way communication, e. Differences in expectations; differences in opinion between spouses, parents and in-laws, childcare, problem solving, freedom in households. (2) Management of the application of marital satisfaction in the household, starting with the stages of situation analysis (understanding the needs in married life and readiness in the household, starting from childcare, economy, mental and problem solving), perception equalization (understanding the conditions that occur and having the same perception and goals in building a household), organizing and implementing in the household (two-way communication between spouses, solving problems together, being involved in household activities).

Keywords: Marital Satisfaction, Married, Parents.

1 Introduction

Marriage is a bond between a man and a woman who have reached adulthood or are considered adults in a sacred bond. The purpose of marriage is to form a prosperous

and happy family forever (Agustian, 2013). According to Atwater (2005), marriage is a statement of being married and usually involves two individuals in legal conditions. The union of two individuals means the union of two-family systems and the development of a new system, aka the third system (Santrock, 2002). Lestari, S (2012) says that marital satisfaction is a positive feeling that couples have in marriage whose meaning is broader than enjoyment, pleasure, and liking. There are two important reasons when we measure marital satisfaction. First, when there is dissatisfaction in marriage, which is a major predictor of divorce. Second, marital dissatisfaction is related to a variety of problems such as: incompetent parents who interfere too much in their children's household affairs, psychological distress, and poor physical health, especially for the wife (Amato, 2007). Marriage is the goal of everyone who wants a romantic relationship and a relationship that is recognized by themselves and others. A legal marriage is written proof of being a married couple to the state and has roles and responsibilities between male and female partners. With marriage, someone wants something deeper, there is physical and psychological fulfillment, physically someone can carry out household activities together and fulfillment of clothing, food, shelter, psychologically someone is able to carry out sexual activities and other emotional activities. So that in marriage satisfaction becomes a determining factor for one's happiness in everyday life.

Theoretically, many factors influence marital satisfaction. Papalia et al. (2007) argue that factors that affect marital satisfaction include (a) Age at marriage is one of the main predictors. People who marry in their twenties have a better chance of marital success than those who marry at a younger age, (b) Educational background and income, because education and income are interconnected, those with higher education generally earn more and have a more open way of thinking. (c) Religion, where people who view religion as important are less likely to experience marital problems than people who view religion as unimportant. (d) Emotional support, failure in this marriage is likely to occur due to emotional incompatibility and lack of emotional support from the environment, (e) Differences in expectations, where women tend to place more importance on emotional expression in marriage, on the other hand husbands tend to be satisfied if their wives are pleasant, According to Saxton (1986) to achieve marital satisfaction, there are three needs which are also aspects of marital satisfaction that must be met in order for the marriage to have satisfaction, namely material (biological) needs, sexual needs, and psychological needs. These three aspects are interrelated with each other. Olson & DeFrain (2003) revealed that satisfaction in material needs is characterized by physical or biological satisfaction with the fulfillment of needs in the form of food, shelter, regular household conditions, and money. Satisfaction of sexual needs is characterized by the fulfillment of sexual needs with a good sexual response and sexual frequency that is not low, besides that happy couples feel more affection than unhappy couples. Happy couples also feel that their partner will not reject or perform unpleasant sexual behavior. Psychological needs can be met from friendship, emotional security, mutual understanding, acceptance, respect, and agreement. According to Safarzadeh, et al (2011), marital satisfaction will influence the assessment of individual happiness and is the main key in a marriage. When individuals feel happiness in marriage, marital satisfaction will be created.

According to Rini & Retnaningsih (2008), marital satisfaction is a subjective experience, a prevailing feeling and an attitude, all of which are based on factors within the individual that affect the perceived quality of marital interactions. The effect of marital satisfaction can have a significant impact on change, positive effects can make relationships in healthy relationships physically, married couples are able to adapt to a healthy environment, good communication relationships, receive the needs of clothing, food and shelter, pleasant relationships between parents and in-laws, healthy parenting, stamina in sexual activities, and others. Negative effects can create relationships in unhealthy relationships, uncommunicative communication patterns, non-acceptance of themselves in the needs of clothing, food and shelter, relationships between parents and in-laws that can trigger complex problems, uncooperative childcare, unpleasant sexual relationships and others.

Santrock's (2002) research shows that some of the things that can be problems in marriage that can lead to divorce are relationships with in-laws, finances, marriage, stress, housework, sex, and babies. The issue raised in this study is the relationship with the parents. In this case is a daughter who is married and lives under the same roof with her parents, parents have an authoritarian role in the child's decisions and a partner who cannot support emotionally, because this daughter is the last child who is the hope of parents when they retire, the daughter wants an independent life but economically still has to depend on parents, financially still needs parental support. To be able to meet economic needs requires work, but on the other hand the husband does not allow his wife to work and the wife focuses on childcare. Basically, this relationship is the absence of an agreement in managing the household ideally, dependence on parents makes it unable to solve problems together with a partner, and parents still have rights and responsibilities for decisions made by their children, so that married couples do not have the freedom to make decisions, even though from the other side it helps financially / economically the family. Freedom in households is of course not only in decision making but also in the role of childcare, there are often arguments in the care of married couples who want their children to be independent but parents spoil their children by giving everything the child needs and independence is considered a torturous thing for children, for example children are asked to clean up all the toys, parents see it as a tiring action on the child, even though the goal of the couple is for the child to be responsible for his play, and activities in which there are many arguments and differences. Of course, the relationship will create disharmony in the household. Disharmony between parents and children can lead to low marital satisfaction. Veroff et al (1998) explain that having a satisfying marriage means more than just deciding to get married and more than just living with a commitment to continue living until death separates. This requires harmony in sharing life so that each partner gets a fulfillment. And marital satisfaction is an indicator of household integrity. Parental influences on marital satisfaction are more negative among higher socioeconomic groups, younger birth cohorts, and in studies conducted in recent years. Marital satisfaction correlates with displays of mutual emotional closeness, shared decision-making, and financial management (Ross, 2009). Conditions of family dynamics such as similarity of spouses' perceptions, communication and conflict resolution skills, trust between spouses, and time spent building relationships with family (Giblin, 1994), and the ability to resolve

household conflicts (Kaur & Sokhey, 2010; Kurdek, 1995). The problems that occur are of course an immediate follow-up evaluation in marriage or a solution that is offered so that it does not become a prolonged problem, one of which is to improve interactive communication between children, spouses and parents, if communication is not improved then communication will be one of the causes in marital satisfaction, emotionally lacking freedom in activities and decision making.

Based on this theoretical study, it can be understood that marital satisfaction is strongly influenced by the relationship between married couples who live with parents. Therefore, researchers want to see how far couples who live in the same house with parents will affect marital satisfaction. And seen from various aspects of marriage age, educational background and income, religion, emotional support and differences in expectations.

2 Method

The method used in this research is a qualitative method in the form of a case study. Data extraction techniques using observation and interviews.

The data analysis technique uses a coding technique consisting of 3 stages, first open coding to prepare transcripts, second axial coding to categorize the phenomena revealed and connect them to each other, third selective coding to select basic categories, systematically connect the categories and validate the relationship. The analysis that must be carried out by researchers to process qualitative data with a case study approach requires the following steps: 1. create and compile the data that has been obtained; 2. carefully read all the data that has been compiled; 3. describe the data obtained based on the context; 4. categorize the data and form patterns based on the themes obtained; 5. interpret the categories that have been compiled, and 6. present the case descriptions obtained through tables and narratives. Validation or data validity techniques applied in this study are; 1. triangulation, 2. clarification of bias by self-reflection, and clarification of data sources.

3 Results

The results of marriage satisfaction research studied are (1) a. Age at marriage is one of the main predictors. People who marry in their twenties have a better chance of marital success than those who marry at a younger age. b. educational background and income, because education and income are interrelated, those with higher education generally earn more and have a higher income. Educational background and income, because education and income are interconnected, those with higher education generally earn more and have a more open way of thinking, c. Religion, where people who view religion as important, are relatively less likely to experience marital problems than people who view religion as unimportant, d. Emotional support, marital failure is present in the marriage. Emotional support, failure in this marriage is likely to occur due to emotional incompatibility and lack of emotional support from the environment, e. Differences in expectations, where women tend to place more importance on

emotional expression in marriage, on the other hand husbands tend to be satisfied if their wives are pleasant (Papalia et al, 2007) (2) Management of the application of marital satisfaction in the household, starting with the stages of situation analysis, perception equation, organizing and implementing in the household, and solving problems together. The following answers were given by the subject during the interview:

“In various ways I feel intimidated by my parents, one of which is in childcare, I often get angry at my mother because my child is sick or crying, I think I can't take care and make the child cry and my mother is not involved in helping soothe but rather scolds me because the child is crying. When the child cries, I am more afraid of being scolded by my mother.”

“Once when the child was coughing, I did not give medicine because I wanted to see changes in the child and I only gave vitamins, after two days the cough still did not subside and I was scolded for not immediately buying medicine, and my mother said, don't you have money just to buy medicine for the child, don't you pity if the child coughs continuously, can you not take care of the child, And I was just silent because if I answered I was wrong, finally my mother bought medicine and took it without my knowledge, I just cried in the room because I couldn't do anything, my husband only provided support by saying patience and hugging me, because my husband also did not have the capacity to answer and explain to my mother.”

“I once tried to argue about wanting to work with my parents, but the response given by my mother was that I didn't want to be left with the child, this is your responsibility, if you want to work there must be someone who is willing to take care of the child, and my father also gave the same comment and agreed with what my mother said, after I discussed it with my husband, my husband also said that for now we accept what is available first, if you work later, find a job whose shifts can be replaced with me, so that the child does not need to be left with a nanny or mother. From there I feel depressed and there is no other way but to be a housewife, actually I want to work so that I can help financially and I have the freedom to do activities outside and when I am at home the activities I do are just lying down and I want to be like friends who work and take the time to play, honestly I am bored with the activities that I have, I have also heard because of trivial things and it frustrates me and I hurt myself by cutting a knife on my arm, and I did it in the room, when I saw my sleeping child I remembered that I had to be able to fight and be angry because I could not be a good parent for my child “

The results of the interviews that have been conducted by researchers, the factors that influence marital satisfaction cover various things, influencing one another, such as readiness to build a household, cooperation between spouses, having the appropriate income and acceptance of the income earned, similarity in performing worship and rituals, opinions, input, suggestions that build harmonious relationships in the household, and healthy communication, of course this can make a healthy relationship and have the expected marital satisfaction. This is in line with the results of research conducted by Saputra, et al (2014) which states that there are differences in marital satisfaction between couples who live together or separately from parents / in-laws. Couples who live separately from parents / in-laws are more satisfied with their marriage because it makes them more comfortable and calm as a married couple and

feel happier because what they achieve is for the efforts of both of them, not the gifts of parents / in-laws. They can also solve all kinds of problems together without interference from parents/in-laws.

4 Discussion

Based on the results of the research conducted, the researcher found that couples who live in the same house with their parents' experience dissatisfaction in marriage, many problems that cannot be resolved properly as well as relationships, communication and problem solving that tend not to be maximally resolved, and let the problem dissolve without resolution. Marriage satisfaction is the overall evaluation of a husband or wife regarding their married life, which is seen from several aspects, namely: related to communication, leisure activities, religious orientation, conflict resolution, financial management, sexual relationships, relationships with family and friends, children and parenting, personality problems and egalitarian roles. According to Rini & Retnaningsih (2008), marital satisfaction is a subjective experience, a prevailing feeling and an attitude, all of which are based on factors within the individual that affect the perceived quality of marital interactions.

Age of marriage has a role in understanding the character and adjustment process of the spouse, readiness can foster a sense of responsibility and cooperation between spouses, with the aim that goals can be realized together by holding commitments in marriage. Educational background and equal income, as well as having a fixed income, can be a benchmark so that there is no gap between spouses, couples can accept the income they get and can manage financial management well, and planning in marriage is carried out in agreement and together. Having a religion / belief in building a household together and agreeing with the teachings adopted by having strength and similarity in religious activities. Emotional support between partners, understanding the conditions, roles and responsibilities of the couple and having two-way communication. Differences in expectations are very natural in married life, with differences of opinion between married couples, they can understand and see the side of their partners and the positive role of parents in building marriages, in joint childcare and all matters relating to parenting based on agreement between spouses, problem solving, and freedom in households.

Management of the application of marital satisfaction in the household, starting with the stages of situation analysis (understanding the needs in married life and readiness in households, starting from childcare, economy, mental and problem solving), perception equalization (understanding the conditions that occur and having the same perceptions and goals in building a household), organization and implementation in households (two-way communication between spouses, solving problems together, being involved in household activities).

5 Conclusion

Based on the results and discussion in the study, the conclusions of this study are:

- a. Age of marriage; having readiness in terms of age is able to foster a sense of responsibility and cooperation between suitable partners,
- b. Educational background and income are equal, and have a steady income,
- c. Religion; strength and similarity in religious activities,
- d. Emotional Support; understanding the conditions between spouses, having communication, and having a good relationship. Emotional support; understanding the conditions between spouses, having two-way communication,
- e. Differences in expectations; differences in opinion between spouses, parents and in-laws, childcare, problem solving, freedom in households..., (2) Management of the application of marital satisfaction in households, starting with the stages of situation analysis (understanding the needs in household life and readiness in households, starting from childcare, economy, mental and problem solving), perception equalization (understanding the conditions that occur and having the same perceptions and goals in building a household), organization and implementation in households (two-way communication between spouses, solving problems together, being involved in household activities).

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