

**KECEMASAN AKAN PERNIKAHAN
PADA PEREMPUAN DEWASA AWAL
YANG BERLATAR BELAKANG KELUARGA TIDAK HARMONIS**

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ABSTRAK

Penelitian ini adalah studi deskriptif yang menggambarkan kecemasan akan pernikahan pada perempuan dewasa awal yang berlatar belakang keluarga tidak harmonis. Tujuan penelitian ini adalah untuk mendeskripsikan gambaran kecemasan akan pernikahan pada perempuan dewasa awal yang berlatar belakang keluarga tidak harmonis. Pemilihan subjek penelitian ditentukan sesuai dengan tujuan yaitu dengan *purposive sampling*. Pengambilan data dilakukan melalui wawancara terhadap tiga wanita dewasa awal yang berlatar belakang keluarga tidak harmonis dan mengalami kecemasan akan pernikahan. Wawancara dilakukan dengan mendalam berdasarkan pedoman umum wawancara yang telah ditentukan. Pemeriksaan keabsahan data dalam penelitian ini dicapai dengan cara konfirmasi data dengan subjek penelitian. Hasil penelitian yaitu kecemasan akan pernikahan muncul secara fisik, kognitif, dan behavioral. Ciri fisik antara lain subjek mengalami gangguan tidur, terserang penyakit di bagian tubuh yang lemah bagi masing-masing subjek, daya tahan tubuh menurun, pusing, lemas, maag. Ciri kognitif antara lain tidak bisa konsentrasi, sulit mengambil keputusan, berpikir negatif tentang pasangannya dan masa depannya, pernikahannya. Ciri behavioral antara lain mudah marah, malas melakukan pekerjaan, mekanisme pertahanan diri *displacement*, mudah curiga, menghindari pembicaraan tentang pernikahan, mengalihkan perasaan cemas dengan melakukan hal yang menyenangkan bagi masing-masing subjek.

Kata kunci: Kecemasan, pernikahan, keluarga tidak harmonis.

ANXIETY IN DEALING WITH MARRIAGE ON YOUNG ADULT WOMEN WITH INHARMONIOUS FAMILY BACKGROUND

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ABSTRACT

This research was a descriptive study which describe the anxiety in dealing with marriage on young adult women with inharmonious family background. The purpose of this study is to describe the image of anxiety on young adult women with inharmonious family background in marriage. The selections of study subjects were determined according to the objectives using purposive sampling. The data were collected through interviews on three adolescence womens with inharmonious family background and had experienced anxiety on marriage. Interviews were conducted with in-depth interviews based on general guidelines which had been determined from the beginning. The checking of the validity of the data in this research achieved by means of confirming data with the research subjects. The result of this research shows that the anxiety in marriage will occurred physically, cognitively and behaviorally. Their physical characteristics such as, the subjects having trouble in sleeping; became ill on the weak part of their bodies for each of the each subjects; decreased immune system; dizziness; fatigue; and terrible stomachache. Cognitive characteristics such as, the subject could not concentrate; having difficulties in making decisions; thinking negatively about their partners; and their future also marriage. Behavioral characteristics such as easily upset; idle in working; self defense mechanism displacement; easy to suspect others; avoiding discussion about marriage; diverting anxious feelings by doing acts of exciting for each of the subjects.

Keywords: Anxiety, marriage, inharmonious family.