

ABSTRAK

Angie, C. C. (2025). Pengalaman penyesuaian diri perempuan yang menikah dini di Bali. *Skripsi*. Yogyakarta: Fakultas Psikologi, Universitas Sanata Dharma.

Pernikahan dini adalah pernikahan yang dilaksanakan sebelum mencapai umur minimal 19 tahun menurut Undang-Undang Indonesia yang sering menimbulkan tantangan psikologis dan sosial bagi perempuan. Penelitian ini bertujuan untuk melihat pengalaman penyesuaian diri perempuan yang menikah dini di Bali, di mana norma adat menempatkan kematangan biologis sebagai tolak ukur kesiapan menikah. Dengan pendekatan kualitatif fenomenologis, dilakukan wawancara semi-terstruktur dengan lima informan perempuan menikah sebelum usia 19 tahun, kemudian dianalisis secara tematik induktif menggunakan perspektif nomotetik dan ideografik. Temuan nomotetik mengungkap tema (1) Kecemasan dan Ketidakmatangan remaja perempuan menjalani peran istri dan ibu, (2) Transisi identitas perempuan remaja menikah dini di Bali, (3) Duka dan tekanan: realitas psikologis remaja perempuan menikah dini, (4) Pembelajaran interpersonal dan digital pada ibu remaja yang menikah dini, serta (5) Penerimaan dan pemaknaan positif peran istri-ibu usia dini, sedangkan tema ideografik yaitu, (1) Keputusan menikah akibat kehamilan, (2) Ketidakberdayaan dalam keputusan pernikahan, (3) Tekanan keluarga pasangan, (4) Ketimpangan peran, (5) Ekspektasi peran ibu, (6) Internalisasi nilai budaya dalam peran, (7) Resonansi Penolakan dan Kehilangan Kedekatan Keluarga, (8) Keterbatasan otonomi, (9) Keterasingan sosial, (10) Dinamika relasi rumah tangga, (11) Sumber dukungan penyesuaian diri, (12) Penyesuaian diri terhadap konflik, (13) Adaptasi lingkungan, (14) Tantangan ekonomi, (15) Strategi penyesuaian ekonomi, (16) Kemandirian finansial, dan (17) keterbatasan dukungan, (18) Hambatan proses hukum, (19) Dinamika konflik diri. Hasil ini menegaskan bahwa penyesuaian diri adalah proses dinamis yang dipengaruhi oleh budaya, dukungan lingkungan, dan faktor internal. Temuan ini dapat menjadi sumbangan ilmu pengetahuan dan kajian literatur dalam ilmu psikologi, serta manfaat bagi remaja dan orang tua.

Kata Kunci: pernikahan dini, penyesuaian diri, fenomenologi, perempuan Bali

ABSTRACT

Angie, C. C. (2025). Self Adjustment Experience of Balinese Woman in Early Marriage. Thesis. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

Early marriage, defined as marriage occurring before the age of 19 according to Indonesian law, often poses psychological and social challenges for women. This study aims to explore the lived experiences of young women in Bali who undergo the process of personal adjustment after marrying early, in a cultural context where biological maturity is considered a key criterion for marital readiness. Using a qualitative phenomenological approach, semi-structured interviews were conducted with five female participants who married before the age of 19. Data were analyzed inductively through thematic analysis, incorporating both nomothetic and idiographic perspectives. The nomothetic findings revealed five overarching themes: (1) Anxiety and immaturity in adolescent girls navigating the roles of wife and mother; (2) Identity transformation of adolescent brides in Bali, (3) Grief and pressure: the psychological realities of early-married adolescent girls, (4) Interpersonal and digital learning processes among young mothers, and (5) Acceptance and positive meaning-making of early wifehood and motherhood. The idiographic themes included: (1) Marriage decisions due to pregnancy, (2) Powerlessness in marital decision-making, (3) Pressure from the husband's family, (4) Role inequality, (5) Expectations of motherhood, (6) Internalization of cultural values in gender roles, (7) Rejection and loss of emotional closeness with family, (8) Limited autonomy, (9) Social isolation, (10) Household relationship dynamics, (11) Sources of personal adjustment support, (12) Coping with conflict, (13) Environmental adaptation, (14) Economic challenges, (15) Economic adjustment strategies, (16) Financial independence, (17) Lack of support, (18) Legal process barriers, and (19) Inner conflict dynamics. These findings emphasize that personal adjustment is a dynamic process shaped by cultural norms, environmental support, and internal factors. The study contributes to psychological knowledge and literature, offering insights relevant for adolescents and parents alike.

Keywords: Child Marriage, Self-Adjustment, Women, Bali