

Self-Disclosure oleh Suami dan Kepuasan Pernikahan Istri Generasi Milenial

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Abstract

Self-disclosure is an important aspect of communication and one of important things to build effective communication in order to reach marital satisfaction. This study aims to determine the relationship between husband self-disclosure and wife's marital satisfaction. The hypothesis of this study, there is a significant and positive relationship between self-disclosure and millenials wife's marital satisfaction. A total of 205 married women (born 1981-1996) and domiciled in Daerah Istimewa Yogyakarta participated in this study. Data were collected using Marital Satisfaction Scale (reliability 0,839) and Marital Self-Disclosure Questionnaire (reliability 0,784) through online survey. Simple linear regression analysis was used and showed that there was positive signficiant relationship between husband self-disclosure and millenials wife's marital satisfaction.

Keywords: marital satisfaction, self-disclosure, millenials wife

Abstrak

Self-disclosure merupakan salah satu aspek penting dalam berkomunikasi guna mencapai kepuasan pernikahan. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-disclosure* oleh suami dan kepuasan pernikahan istri. Hipotesis dari penelitian ini ialah adanya hubungan positif yang signifikan antara *self-disclosure* dengan kepuasan pernikahan istri generasi milenial. Partisipan berjumlah 205 perempuan menikah dengan rentang kelahiran 1981-1996 dan berdomisili di Daerah Istimewa Yogyakarta. Pengumpulan data dilakukan dengan Skala Kepuasan Pernikahan (reliabilitas 0,839) dan *Marital Self-Disclosure Questionnaire* (reliabilitas 0,784) melalui survei yang disebar secara daring. Analisis data dalam penelitian ini menggunakan analisis regresi linier sederhana. Hasil menunjukkan bahwa terdapat hubungan positif yang signifikan antara *self-disclosure* dengan kepuasan pernikahan istri generasi milenial.

Kata Kunci: kepuasan pernikahan, *self-disclosure*, istri generasi milenial