

Peran konflik dalam pernikahan terhadap *distress* psikologis: *Positive reappraisal* dan *benevolent religious reappraisal* sebagai moderator

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Abstrak

Tingkat konflik pernikahan di Indonesia konsisten mengalami peningkatan pada tahun 2020—2022. Konflik dalam pernikahan berpotensi memunculkan *distress* psikologis pada individu yang menikah. Penelitian ini dilakukan untuk mengetahui peran konflik pernikahan terhadap *distress* psikologis individu serta mengkaji *positive reappraisal* dan *benevolent religious reappraisal* sebagai moderatornya. Metode penelitian adalah kuantitatif dengan survei yang dilakukan secara daring. Empat skala digunakan untuk mengukur masing-masing variabel, yakni: skala K10 untuk mengukur tingkat *distress* psikologis, skala konflik pernikahan untuk mengukur tingkat konflik pernikahan, subskala *positive reappraisal* pada CERQ-short untuk mengukur tingkat penerapan *positive reappraisal*, dan subskala *benevolent religious reappraisal* pada RCOPE untuk mengukur tingkat penerapan *benevolent religious reappraisal*. Partisipan penelitian adalah 226 individu ($M_{usia} = 40,8$; $SD_{usia} = 9,4$; 60,2% wanita) berusia 19-54 tahun yang telah menikah selama minimal satu (1) tahun. Data dianalisis dengan analisis regresi linier sederhana dan analisis moderasi *PROCESS* Hayes (2022) model 1. Hasil penelitian menunjukkan bahwa konflik pernikahan berperan positif terhadap munculnya *distress* psikologis individu, namun demikian *positive reappraisal* dan *benevolent religious reappraisal* tidak terbukti memoderatori hubungan tersebut.

Kata kunci: *distress psikologis, konflik dalam pernikahan, positive reappraisal, benevolent religious reappraisal, suami istri*

Abstract

The occurrence of marital conflict in Indonesia has shown a continuous upward trend between 2020 and 2022. Marital conflicts are a potential cause of psychological distress in married individuals. The present study aimed to investigate the role of marital conflict on psychological distress, while examining the moderating effects of positive reappraisal and benevolent religious reappraisal. To accomplish these objectives, a quantitative research method was employed, utilizing an online questionnaire for data collection. Four scales were used to measure each variable: the K10 scale to measure the level of psychological distress, the marital conflict scale to measure the level of marital conflict, the positive reappraisal subscale of the CERQ-short to measure the level of positive reappraisal application, and the benevolent religious reappraisal subscale of the RCOPE to measure the level of benevolent religious reappraisal application. Participants were 226 individuals ($M_{age} = 40,8$; $SD_{age} = 9,4$; 60,2% female) aged 19-54 years old who have been married for at least one (1) year. Data was analyzed using simple linear regression analysis and moderation analysis using *PROCESS* Hayes (2022) model 1. The findings revealed that marital conflict predicted psychological distress, however positive reappraisal and benevolent religious reappraisal did not moderate this relationship.

Keywords: *psychological distress, marital conflict, positive reappraisal, benevolent religious reappraisal, husband and wife*