

Subjective Well-Being Dewasa Awal pada Keluarga Long-Distance Marriage

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Abstrak

Subjective well-being merupakan istilah untuk mengevaluasi kesejahteraan subjektif dari segi afeksi dan kognisi melalui pengalaman hidup. Peneliti menemukan fenomena keluarga *long-distance marriage* yang disebabkan oleh ketidakhadiran salah satu orang tua yang bekerja di luar domisili. Oleh karena itu, peneliti melakukan studi fenomenologi mengenai kondisi *subjective well-being* dewasa awal pada keluarga *long-distance marriage*. Penelitian ini menggunakan teknik *in-depth interview* kepada tiga partisipan yang dipilih menggunakan *purposive sampling* dengan kriteria, (1) berusia 18-25 tahun, dan (2) mengalami kondisi keluarga *long-distance marriage* ketika berusia 4-11 tahun selama setidaknya 2 tahun. Data yang diperoleh dianalisis menggunakan metode *Interpretative Phenomenological Analysis (IPA)* dengan fokus kondisi *subjective well-being* individu dewasa awal. Hasil temuan penelitian ini menunjukkan emosi individu yang dominan negatif di masa kanak-kanak awal, renggangnya kedekatan antara individu dewasa awal dan orang tua, munculnya perilaku menutup diri, masalah pada hubungan dengan laki-laki, serta ketidakpuasan hidup yang dirasakan dalam hubungannya dengan keluarga *long-distance marriage*.

Kata kunci: Kesejahteraan Subjektif, Keluarga, Long-Distance Marriage, Dewasa Awal, Masa Kanak-Kanak

Abstract

Subjective well-being is a term to evaluate well-being in the context of affection and cognition based on life experience. Researchers found there is a phenomenon of long-distance marriage family that occurs because of the absence of one parent which happens because that parent has an occupation in another city or country. Therefore, researchers hold a phenomenological study about the subjective well-being of young adults in a long-distance marriage family. This research uses an in-depth interview technique with three participants that is chosen with purposive sampling that have criteria; (1) 18-25 years old; (2) in a long-distance marriage family at the age of 4-11 years old for at least 2 years long. The collected data is analyzed using Interpretative Phenomenological Analysis (IPA) which focuses on young adults' subjective well-being. This research found that early childhood emotions are dominantly negative, emerging a gap in parents-young adult closeness, the tendency to close themselves, problem with a man (interaction, affection, and behavior), and young adults' unsatisfaction with the long-distance marriage family condition.

Keywords: Subjective Well-Being, Family, Long-Distance Marriage, Young Adult, Childhood