

## ABSTRAK

**Latar belakang:** Perkawinan bisa membuat hidup seseorang menjadi lebih bahagia dan sehat. Seseorang mendapatkan kesejahteraan psikologis serta kepuasan hidup yang lebih tinggi saat berada dalam perkawinan. Faktor penentu terpenting dalam perkawinan adalah kualitas dan jenis hubungan antar pasangan. Pendidikan residensi merupakan masa transisi yang penuh tekanan bagi dokter. Mereka menghadapi perubahan besar dari sekolah kedokteran, harus menghadapi beban kerja yang berat, jam kerja yang berdurasi panjang serta tanggung jawab yang semakin besar. Prevalensi depresi mencapai 43,2%. Faktor risikonya meliputi ciri-ciri kepribadian neurotik, kurang tidur, persepsi stres terkait pekerjaan, dan peristiwa kehidupan negatif seperti perceraian. Pada tahun 2022 kasus perceraian meningkat 15,3%. Resolusi konflik menjadi penting karena hal tersebut merupakan faktor yang dapat memprediksi perkawinan yang kuat dan yang bisa menentukan apakah hubungan tersebut sehat atau tidak sehat.

**Tujuan penelitian:** Menganalisis hubungan antara gaya resolusi konflik dan kepuasan perkawinan pada dokter residen di RSUP dr. Sardjito.

**Metode:** Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *cross sectional*. Subjek penelitian berjumlah 99 dokter residen RSUP Dr. sardjito. Gaya resolusi konflik pada dokter residen diukur dengan *Conflict Resolution Style Inventory (CRSI)* dan kepuasan perkawinan dengan *ENRICH Marital Satisfaction Scale*. Analisis data menggunakan uji chi square, koefisien kontingensi dan regresi logistik.

**Hasil:** Terdapat hubungan antara gaya resolusi konflik ( $p = 0,049$ ,  $C = 0,271$ ) dan pendapatan ( $p = 0,035$ ,  $C = 0,213$ ) yang memengaruhi kepuasan perkawinan di RSUP Dr.Sardjito.

**Kesimpulan:** Terdapat hubungan antara gaya resolusi konflik dengan kepuasan perkawinan pada dokter residen di RSUP Dr. Sardjito.

**Kata kunci:** Gaya resolusi konflik, Kepuasan perkawinan, Dokter Residen

## THE RELATIONSHIP BETWEEN CONFLICT RESOLUTION STYLE AND MARITAL SATISFACTION IN RESIDENT DOCTORS AT CENTRAL GENERAL HOSPITAL DR. SARDJITO

### ABSTRACT

**Background:** Getting married can lead to a happier and healthier life. Married individuals tend to have higher psychological well-being and overall life satisfaction. The quality of the relationship between partners is the key factor in determining the success of a marriage. For resident physicians, residency education can be quite stressful as it involves a significant transition from medical school to dealing with heavy workloads, long hours, and increasing responsibilities. The prevalence of depression among resident doctors has reached 43.2%, with risk factors including neurotic personality traits, lack of sleep, perceived work-related stress, and negative life events such as divorce. It is projected that divorce cases will increase by 15.3% in 2022. Conflict resolution is crucial as it can predict the strength of a marriage and determine whether the relationship is healthy or unhealthy.

**The purpose of the study:** The objective of the research is to analyze the relationship between conflict resolution styles and marital satisfaction among resident doctors at RSUP Dr. Sardjito.

**Method:** This study is an observational analytical research with a cross-sectional approach. The research involved 99 resident doctors at RSUP Dr. Sardjito. Conflict resolution styles among resident doctors were evaluated using the Conflict Resolution Style Inventory (CRSI), while marital satisfaction was assessed using the ENRICH Marital Satisfaction Scale. Data analysis included the use of the chi-square test, contingency coefficient, and logistic regression.

**Results:** The research found a relationship between conflict resolution style ( $p = 0.049$ ,  $C = 0.271$ ) and income ( $p = 0.035$ ,  $C = 0.213$ ), which influenced marital satisfaction at Dr. Sardjito Hospital.

**Conclusion:** The study concluded that there is indeed a relationship between conflict resolution style and marital satisfaction among resident doctors at RSUP Dr. Sardjito

**Keywords:** Conflict resolution style, Marital satisfaction, Resident Doctors