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## **Depression: Does Marital length and Long-Distance Marriage Predict Depressive Tendency in Married Individuals?**

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### **Abstract**

The shift to marriage has been shown to provide various physical and psychological benefits for both men and women. However, the presence of other factors seems to contribute to different effects in these domains. To address this issue further, this current study examines the effect of marital length and long-distance marriage on married individuals' depressive tendency. To test the effect, data from Indonesia Family Life Survey Wave 2014 is utilized. Result shows a negative relationship between marital length and individuals' depressive tendency—as marital length increases, individuals' depressive tendency are shown to be reduced. On the contrary, the presence of long-distance marriage increases depressive tendency in married individuals—indicating a positive relationship. Clinical implications and directions for future research are present.

Keywords: Depressive tendency, marital length, long-distance marriage, marriage

### **Introduction**

#### *Marriage Across Life Domains*

An individual transit into a main occurrence that transforms their life permanently through their involvement in marriage. Marriage in many cultures is deemed to be an individual's milestone one could ever achieve in life and thus, is highly regarded within. Marriage, which includes the bonding of two people with different characteristics and personality, desire and needs, is the occurrence of special occasion that is shaped by both law and culture (Curren, Utley, & Muraco, 2010). It serves various functions across an individual's life domains: to satisfy