

Hubungan antara relationship beliefs dengan burnout pernikahan pada pasangan suami istri = Relationship between relationship beliefs and marital burnout among married couple

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20429279&lokasi=lokal>

Abstrak

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Meskipun pernikahan diketahui memberikan berbagai dampak positif bagi individu, kenyataan yang terjadi saat ini ialah meningkatnya tingkat kasus perceraian. Survei menunjukkan bahwa penyebab utamanya adalah ketidaksesuaian antara relationship beliefs individu dengan kenyataan. Akibatnya, individu cenderung mengalami burnout pernikahan dan lebih lanjut dapat berujung pada perceraian. Penelitian sebelumnya mengenai hubungan antara relationship beliefs dan burnout pernikahan menunjukkan adanya perbedaan hasil. Selain itu, peneliti berniat mengetahui peran relationship beliefs pasangan terhadap hubungan antara relationship beliefs dan burnout pernikahan individu. Hasil penelitian yang dilakukan kepada 162 pasangan suami-istri menunjukkan terdapat hubungan positif yang signifikan antara relationship beliefs dan burnout pernikahan yang dialami pasangan suami-istri. Selain itu, diketahui tidak terdapat moderasi relationship beliefs pasangan terhadap hubungan antara relationship beliefs dan burnout pernikahan individu. Hal ini terjadi karena pengaruh tingkat pendidikan istri dan ideologi peran gender yang dianut oleh individu serta peran faktor lain yang turut memengaruhi hasil penelitian.

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ABSTRACT

Despite the positive effects that marriage gives, the divorce rate is increasing. This is caused by the incongruency between individual's relationship beliefs and reality, resulting marital burnout. This research aimed to investigate deeper about the correlation between relationship beliefs and marital burnout among married couple owing to different results of the previous researches. Moreover, it also aimed to analyze the role of spouse's relationship beliefs to the correlation between individual relationship beliefs and marital burnout. Data from 162 marital couples shows a positive and significant correlation between relationship beliefs and marital burnout among married couple but shows no moderation of spouse's relationship beliefs to the correlation. It's explained by wives' educational background and individual gender role ideology as well as other various factors contributing to this result.