



The Relationship Between Emotional Maturity, Effective Communication and Marital Satisfaction Among Young Women Who Undergo Early Marriage

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ABSTRACT

Background: Marriage is a sacred moment when two lovebirds make a sacred promise. The wedding moment should be carried out by two adults. However, in reality, there are groups in society who think that early marriage is a solution to a problem. The prevalence of marriage in Indonesia in 2019 was 10.18% while in Pasuruan Regency, early marriages amounted to 708 in 2022, the highest area is in the Pasuruan coast. **Purpose:** This study aims to analyze the relationship between emotional maturity, effective communication and marital satisfaction among young women who have married early. **Methods:** This study was located in Kawisrejo village, Pasuruan, which is included in the coastal area. The sample of this study was young women who had early marriages, with a sample size of 100 wives, this study using total sampling. Data were collected through interviews and questionnaires. Data analysis used the t-test and multiple linear regression. **Results:** The results show $p < 0.05$ indicates a significant difference. Respondents with high emotional maturity and effective communication tend to have significantly higher marital satisfaction. Emotional maturity and effective communication simultaneously have a strong and significant influence on marital satisfaction. **Conclusions:** Marital satisfaction is a subjective feeling felt by couples. The results show that the age of husband and wife when married has a positive relationship with marital satisfaction, meaning that the more mature the age of husband and wife when married, the higher the level of marital satisfaction.

KEYWORDS

Adolescent, Coast, Emotional maturity, Early marriage, Satisfaction.

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1. BACKGROUND

Marriage is a sacred moment of uttering a sacred promise between two lovebirds and is an important story for both families (Hardianti & Nurwati, 2020). The moment of marriage should be carried out

by two adults between an adult woman and an adult man, but reality there are some people who think that marriage is the only way out of every problem in the family, even though the age of the couple is still under the age of marriage. Early marriage is one of

the most common problems throughout the world, especially in developing countries, one of which is Indonesia (Tampubolon, 2021). According to The United Nations Entity for Gender Equality and the Empowerment of Women (2017), > 750,000 women worldwide have married before they are mature, namely before the age of 19. Early marriage is more frequent in coastal areas compared to urban areas, this is due to the average work factors, education factors, socio-cultural factors that force them to do so. Based on BKKBN, early marriage is a marriage that is carried out if someone is under 19 years old, because they are considered not yet able to carry out the marriage ceremony.

The first years of marriage are the years when couples begin to adjust to each other's personalities to determine their future family life. Marriage at a young age is still considered early because during that time there are quite significant changes in a person both in terms of cognitive, emotional and social. Emotions at this time are similar to emotions in childhood, such as anger, fear, jealousy, high curiosity, joy, sadness and thirst for affection, but sometimes at a young age, the impact of these emotions cannot be controlled. Emotional maturity is an important aspect in maintaining the

continuity of marital status; emotional immaturity causes unpreparedness to face problems in family life which can generally be found at the beginning of a young couple's marriage (Adam, 2020).

This is also in line with immaturity in communicating, especially involving communication with a new family. Well-controlled communication will create satisfaction in marriage and will influence positive communication in the family (Fitrianah et al., 2022). One of the failures of newly married couples is not being able to adjust to their partners, one of which is communication problems. This causes them to face difficulties at every stage of family development and is more likely to separate. Compliance with a partner is based on the formation of many basic things, such as emotional maturity, honest communication. Communication between family members is fundamental in family life and is something that is routinely done, this includes how to interact, communication patterns and quantity of communication which is regular communication in the family and can move other aspects of the family. Good communication between husband and wife is shown by a loving relationship, giving and receiving, supporting each other like friendship.

Marital satisfaction is a subjective feeling when both partners feel more satisfied when they are married, as a result of the fulfillment of needs and expectations in each marriage (Nurmaya & Ediati, 2022). The current level of marital failure can be seen from the increasing number of divorces every year. Based on data from APRI (Association of Registrars of the Republic of Indonesia) in Pasuruan Regency, there were 1000–1500 divorce cases in 2024. Most divorce cases were filed by women because their needs that should have been received from their partners were not met, such as material and psychological needs, so that they felt pressured or oppressed by their partner's attitude and actions, which led to divorce, and there are also many causes of incompatibility of vision and mission between couples such as cultural differences (January, 2023).

Early marriage also has the risk of health impacts such as being prone to miscarriage, and increasing the risk of maternal and fetal death, this is in line with research conducted by Pratiwi (2020) on the impact of early marriage on the fulfillment of women's rights. Based on the description above, this study aims to analyze the relationship between emotional maturity, effective communication and marital

satisfaction in adolescent girls who have early marriages.

2. METHODS

This study uses a cross-sectional study design, this study was conducted in Kawisrejo Village, Pasuruan Regency, which is included in the coastal area, because it is an area with a high rate of early marriage in Pasuruan Regency. This study was conducted in May 2025. The population in this study were wives who had early marriages in Kawisrejo, Pasuruan Regency, the sample was 100 wives who had been married for 1 year and a maximum age of 19 years. Sampling was done purposively. Data were collected through interviews and questionnaires. Characteristics of the wife's age and husband's age when married, the husband's age when married was grouped into 3 groups, namely early adolescence (12-15 years), middle adolescence (15-18 years), late adolescence (18-21 years). Emotional maturity is the wife's ability to control her emotions, convey emotions appropriately. Emotional maturity is measured through the Singh and Bhargava Emotional Maturity Scale questionnaire (1990) consisting of 48 questions. The emotional maturity scale measures 3 areas of emotion, namely emotional stability, developing emotions,

social adjustment. The Cronbach alpha value of the questionnaire is 0.876. The research instrument used to measure effective communication is a measurement scale based on the theory created by Canary and Stafford (2002) with 5 aspects which were then added by Canary and Zelley (in Punyanunt Carter, 2004) with 2 aspects so that the total aspects of effective communication used are 7 aspects consisting of 1) positivity (polite, kind and pleasant), 2) openness (able to express thoughts and feelings), 3) assurance (responsible for the role as husband and wife), 4) social networking (establishing harmonious relationships with partners and families), 5) sharing tasks (helping each other in carrying out the role as husband and wife), 6) conflict management (solving problems together), and 7) advice (giving and carrying out advice given by the partner). This scale has 14 items with a validity of 0.024 Marital satisfaction is a condition felt by a husband and wife relatively subjectively and is measured based on feelings of happiness or satisfaction with the husband from the wife's perception. The

marriage questionnaire was modified from ENRICH (Evaluation and Nurturing Relationship Issues, Communication and Happiness) from Fower and Olson (1993) which consists of 10 dimensions, namely partner personality problems, role equality, communication, conflict resolution, financial management, joint activities, sexual relationships, family and friends, and religious orientation. This questionnaire was developed into 32 questions with a cronbach alpha value of 0.957. 10 low, medium and high categories are grouped based on the cut-off value limits categorized by Sunarti et.al (2005) namely 00.0-60.0 in the medium category and 80.0-100.0 in the high category. The research data was then processed using SPSS. The data results were analyzed using descriptive analysis and inferential analysis. Descriptive analysis is used to determine the maximum and minimum scores, mean and standard deviation. Inferential analysis is a multiple regression test to analyze the influence of emotional maturity and marital satisfaction. Data analysis used the t-test and multiple linear regression.

3. Results

Table 1. Respondent Characteristics

Characteristics	n	Percentage (%)
Wife's age at marriage		
17	65	65.0
18	35	35.0
Husband's age at marriage		
18	19	19.0
19	81	81.0
Work		
Wife as a housewife	93	93.3
Husband as a fisherman/laborer	95	95.0
Residence		
Living with parent	68	68.0
Not living with parents	32	32.0
Income		
Below the regional minimum wage	82	82.0
above the regional minimum wage	18	18.0

This study involved 100 female respondents who were married at an early age (≤ 19 years) in Kawisrejo Village, Pasuruan. The average age of the wife when married was 17 years and the average age of

the husband was 19 years. Most of the respondents were housewives (93.3%), while the husbands worked as fishermen (70%).

Table 2. Emotional Maturity, Effective Communication, and Marital Satisfaction

Variables	Category	n	%
Emotional Maturity	High	35	35,0
	Moderate	65	65,0
Effective Communication	High	27	27,0
	Moderate	73	73,0
Marital Satisfaction	High	40	40,0
	Moderate	60	60,0

From table 2, it can be seen that emotional maturity is in the moderate category of 65%, and high of 35%. Effective

communication is high 27% and moderate 73%. Marital satisfaction is high 40% and moderate 60%.

Table 3. T-Test Results on Marital Satisfaction Based on Emotional Maturity and Communication

Variables	Category	Mean Satisfaction	T	Sig. (2-tailed)
Emotional Maturity	High	82.4	4.932	0.000**
	Moderate	71.6		
Effective	High	83.2	5.471	0.000**
	Moderate	70.9		

The T-test was conducted to see the differences in marital satisfaction based on the level of emotional maturity and effective communication. $p < 0.05$ indicates a

significant difference. Respondents with high emotional maturity and effective communication tend to have significantly higher marital satisfaction.

Table 4. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.832	0.692	0.685	4.86

Multiple linear regression was used to determine the simultaneous influence of emotional maturity and effective communication on marital satisfaction. R

Square shows that 69.2% of the variation in marital satisfaction can be explained by emotional maturity and effective communication.

Table 5. ANOVA (F-test)

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	4312.56	2	2156.28	91.03	0.000**
Residual	1920.44	97	19.80		
Total	6233.00	99			

Table 5 shows the results of the ANOVA (F-test) for the regression model. The resulting F-statistic is 91.03 with a p-value of 0.000 ($p < 0.001$), indicating that the overall regression model is statistically

significant. This means that at least one of the independent variables significantly contributes to explaining the variation in the dependent variable.

Table 6. Regression Coefficient

Variabel	B	Std. Error	Beta	t	Sig.
Emotional Maturity	35.21	3.65	-	9.64	0.000
Efective Communication	0.43	0.08	0.416	5.375	0.000**
Marital Satisfaction	0.55	0.09	0.473	6.015	0.000**

Both emotional maturity and effective communication have a significant influence on marital satisfaction. The t-test results showed a significant difference in the level of marital satisfaction between groups with high emotional maturity and effective communication and the moderate group. The regression results showed that emotional maturity and effective communication simultaneously had a strong and significant effect on marital satisfaction ($R^2 = 0.692$). The regression coefficient showed that a 1-point increase in effective communication could increase the marital satisfaction score by 0.55 points, and a 1-point increase in emotional maturity increased the score by 0.43 points.

4. DISCUSSION

The results of the study showed that the respondents in this study were wives who had had early marriages with the majority of wives at the age of 17 (65%). Marriage that occurs at an early age is risky for health, especially for women, namely early childbirth, in addition to the economic conditions of the couple who are still unable, and many marriages end in divorce due to lack of understanding and communication (Yoosefi Lebni, 2023). This is in line with research conducted by Natalia et al., (2021)

that early marriage currently mostly occurs due to low economic factors, the desire to determine one's own destiny, parental support, and pregnancy outside of marriage due to teenage promiscuity. The results of the study on the characteristics of

the respondents also show that 93% of wives are housewives, this is in line with Hartini's research (2014) which states that women with low education will choose to marry at an early age. Married women will have limited mobility, especially if they have children to take care of, so women should get an education first before getting married (Yoosefi Lebni, 2023). The results of Musick et al., (2012) research stated that the level of education of a married couple is related to household income, therefore the higher the education, the better the work and income obtained. Women with low education will find it difficult to obtain and help family finances, so it does not mean that marriage can improve the family economy, but will actually increase the number poverty. The early period of marriage is a time when husband and wife begin to get to know each other's character and personality more deeply and prepare themselves to face these conditions (Abreu-Afonso et al., 2022). The results of the study showed that the emotional maturity of the majority of

respondents was at a moderate emotional level of 65%. The level of emotion is part of the personality that shows a person's maturity (Mayangsari et al., 2021). The results of this study indicate that the emotional maturity of the majority of wives is in the moderate category. Wives who have good emotional maturity are shown by the ability to control emotions well and can think wisely and objectively and this can be done in women who marry when it is time or more than 19 years (Haryani, 2021). Syakhrani & Aslan (2024) stated that if someone has good emotional maturity, then the individual also has good communication, and can also manage stress well. The results of the correlation test of 0.00 indicate that the wife's age when married has a significant positive relationship with the wife's emotional maturity. According to Hurlock (2015), emotional maturity is closely related to a person's level of growth and physiological maturity, which is indicated by the ability to control their emotions well. Emotions are one of the factors that influence marital adjustment. When someone does not have good emotional maturity, it will be difficult to adjust to their marriage. A wife who does not have good emotional maturity will have difficulty communicating with new family members,

which has the potential to cause stress for the wife. In the study of Todorov et al. (2023), couples who are able to regulate their emotions well have better marital satisfaction than couples who do not. able to regulate their emotions well. This study found that most respondents (wives) have functional interactions with their husbands. Interaction between husband and wife is equally shown by an intimate relationship, giving and receiving affection, and supporting each other. Husband and wife whose interactions are weak can cause an unhappy marriage, and can even end in divorce (Al-Shahrani & Hammad, 2023). Kasanah (2024) stated that currently there are many household disputes, one of which is caused by poor communication. The husband's income has a positive relationship with communication within the family. Families with low incomes will cause high economic pressure, resulting in low interaction with the family. High economic pressure causes families to have to work continuously to meet daily needs, so that quality time for the family will be reduced, and interaction will also be reduced, resulting in quarrels within the family (Wang et al., 2022). The wife's emotional maturity has a significant relationship with positive family communication (0.00). Someone who

is emotionally mature will be able to regulate their emotions, this makes someone able to interact well with anyone,

The regression results show that emotional maturity and effective communication simultaneously have a strong and significant effect on marital satisfaction ($R^2 = 0.692$). The regression coefficient shows that a 1-point increase in effective communication can increase the marital satisfaction score by 0.55 points, and a 1-point increase in emotional maturity increases the score by 0.43 points. The wife's emotional maturity has a significant positive relationship with marital satisfaction marriage, meaning that the higher the emotional maturity of the wife, the higher her satisfaction. Wives who have good emotional maturity will be able to control their emotions well and can express their emotions adequately, this will foster intimacy and also someone with good emotional maturity will be able to manage problems in marriage so that satisfaction in marriage will be realized (Haryani, 2021). Effective communication has a significant positive relationship to marital satisfaction. Gottman and Krokoff (1989) showed that when husband and wife can express their desires in the right way, the couple will be able to understand each other and will

create satisfaction in marriage. Marital satisfaction is a subjective feeling felt by couples, in marriage so that satisfaction in marriage will be realized. Communication in the family has a significant positive relationship to marital satisfaction.

5. CONCLUSION

Wife's emotional maturity and effective communication have a significant positive relationship with marital satisfaction, meaning that the higher the wife's emotional maturity and communication, the higher her satisfaction. Couples who are able to regulate their emotions and communication well have better marital satisfaction than couples who are unable to regulate their emotions and communication well.

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AUTHOR CONTRIBUTIONS

R.A. Helda Puspitasari, Ayu Dewi Nastiti, Dwining Handayani contributed to the conception and design of the study, data collection, and manuscript writing. R.A.

Helda Puspitasari was responsible for manuscript revisions and final approval of the version to be published. All authors have read and approved the final manuscript.

CONFLICT OF INTEREST

The author declares no conflict of interest.

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DATA AVAILABILITY

The data obtained in this study have not been disclosed to the public for privacy protection and ethical reasons.

PRESENTATION

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