

IMPROVING MARITAL HARMONY FOR HUSBAND-WIFE OF DIFFERENT CULTURES IN THE EARLY MARRIAGE YEARS

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Abstrak

The purpose of this research is to create a model program to improve the marital conjugal harmony of different cultures (Flores husband - Javanese wife) with an age range of 1-10 years of marriage which is the age range of marriage prone to divorce. Participants in this study were members of Flobamora who married women from the Javanese, so the participants are married couples of different cultures to the age of 1-10 years of marriage. This study was an experimental study-kuasi Locally-particular. The experimental group will receive treatment Enneagram Modified Program in each weekend (Saturday-Sunday) for approximately 6 weeks, while the control group remained participate weekend program, but not given treatment Enneagram Modified Program. Data analysis technique used is the Mixed-Anova or Anava A mix B.

Keywords: marital harmony, cultures, husband-wife

1. INTRODUCTION

Marital harmony is a desirable thing every couple husband wife, but marital harmony can not be obtained immediately, given husband and wife keep two different individuals, both in terms of gender and personality. Differences in sex spouses would have minimal effect on differences in perception both to the harmony of the marriage itself (Subiyanto 2004). In addition, differences in background husband and wife also influences the difficulty of achieving marital harmony, including cultural differences. Culture becomes an important aspect of marriage, in which each partner would have values shared cultural values, according to the beliefs and customs, as well as customs and style live in every culture. In marriage also put together two different cultures, different backgrounds, different tribes (Koentjaraningrat, 1990). This background can lead to different incompatibility. Incompatibility can resulting in conflicts which would then affect the harmony of husband and wife (Purnomo in Natalia & Iriani, 2002).

This is supported by research conducted by Mardiyati (2004) stated that the adjustment and attitude towards the concept of an ideal wife have java positive correlation with positive happiness wife. In Mardayati (2004) also described that marital happiness will be greatly influenced by the culture and characteristics of the local culture.

Marital harmony is a matter that should be pursued by the husband and wife to remember one of the results showed that marital harmony positive effect on the health and psychological well-being (Williams, 2003). In addition, the research results Troxel & Matthews (2004) showed that of marriage not harmonious will produce psychopathology in

children and disharmony marriage is a factor that is the most prominent cause of divorce (Gottman & Katz, 2002). Reality in Indonesia shows that the divorce rate more and more increase, including the data divorce in Malang. Factors that cause divorce include: jealous, the economic crisis, forced marriage, underage marriage, maltreatment, odds, third-party interference and conjugal disharmony, as shown in Table 1.

Table 1.
Number of Cases Divorce in Malang and a contributing factor in 2005 - 2009

Causative factor	Number of Cases				
	Year				
	2005	2006	2007	2008	2009
1. Jealous	20	21	25	27	30
2. Shotgun marriage	19	25	32	-	-
3. Economics	-	-	-	-	-
4. Dispute	170	172	196	202	223
5. Underage marriage	10	2	1	1	1
6. Unharmonious	270	285	295	300	352
7. Persecution	-	-	-	30	35
8. Third party interference	54	57	60	70	75
Total number	543	562	609	630	716

Note: numbers in thousands

Source: BPS Malang municipality, 2010

1.1. Research Purpose

The purpose of this study is to create a Program Enneagram Modified to increase conjugal harmony of different cultures in the early marriage years, and see the impact of the program is to increase their marital harmony post-treatment.

1.2. Research Urgency

Marital harmony is the dream of every couple, by having the harmonious marriage, then divorce can be avoided. As well as marriage last a lifetime is also an ideal couple. Communication is one of the factors that influence marital harmony (Bergler, 1995). Open communication with each other will facilitate the process of adjustment on both sides, both husband and wife. Open communication is self-disclosure and informing oneself is, well wishes, feelings, needs, problems and personal attention (Jourard, 1998). This self-disclosure will be effective if it is based on the introduction of self respectively. Knowing yourself is not an easy thing. Various defense mechanisms are often carried out by humans, so it hinders the process of self-knowledge, let alone the behavioral patterns exhibited by everyone often copied from the patterns of behavior and interaction with parents in the past (Kerr & Bowen, 2001). Therefore, we need an instrument that helps process the personal introduction of each couple. It is hoped with the help of these instruments, both husband and wife would recognize each individual and develop positively and will ultimately improve the ability to communicate with a partner, especially in couples who come from different cultures so that marital harmony can be achieved. Therefore, the Program Enneagram Modified has been used to improve marital harmony husband and wife in the early stages of the age of marriage (in Hendrati, 2010) and yet the discovery of the use of the Enneagram to solve problems of communication conjugal different cultures, then the urgency of this study was to test the effectiveness of the Program Enneagram Modified to improve marital harmony spousal different cultures.

1.3. Pre-eliminary Study

Pre-eliminary data using the Enneagram Modified Program has been carried out on 100 couples faith in Malang at an early stage age of marriage, but do not notice or consider the cultural differences between husband and wife (in Hendrati, 2010). In addition the same program has also been applied to Catholic couples in the early stages of the age of marriage (in Hendrati, 2012). From the results of these studies indicate that the program can significantly improve their marital harmony.

1.4. Review of Literature

Marital harmony is a desirable thing every couple, but the harmony that can not be obtained

immediately, given the husband and wife remains of two individuals who have various differences. Minimal differences in sex between husband and wife would have implications for the difference in their perception of happiness and marital harmony itself (Subiyanto, 2004). Some of the factors that influence marital harmony, especially in the case of a husband-wife relationship, ie interpersonal communication, marital adjustment, the economic level of the family, love and faith, self-control, mutual acceptance unconditionally and personal self-introduction and introduction of a spouse.

Enneagram Program consists of three phases / process (Keyes, 1992), namely:

a. Information

This stage focus on the introduction of personality types each, either through: 1) observation in passing (Quick Scan) to use the tools of the questionnaire Enneagram, and 2) the observation depth (Inner Observation) about the personality of each through reflection guided that in the conduct of research will enter the event recollection. This stage is more focused on the awareness to know yourself and provide technical know yourself (Who Am I?) Use the concept of nine types of personality (personality) Enneagram. The purpose of this stage is all the participants know the basic personality of each, including basic characteristics of each type of good wholesome basic type or basic type is not healthy. This process is the first step to be able to open up to others, in this case the opening of self against the couple must begin by recognizing each individual advance both the positive sides and the sides negative, so that later the personal knowledge of each may be disclosed to your partner openly and then given an honest response from the partner.

b. Transformation

This phase is directed not to change the basic personality, but the personality through the basic streamline the transformation process so that it becomes a basic type of sound. Techniques to transform a negative into a positive side important target. Self-talk, Self-Conditioning, Transformation and Behavioral Therapy are some common ways to steer levels of certain personality types in the positive direction (healthy). This process serves to streamline the positive sides of the personality in order to function more optimally and serves to transform the negative sides of personality towards a more healthy condition. This process can be regarded as self-step process towards more healthy conditions or personal steady with emphasis on reflection on the actions that have been taken or occur.

c. Inspiration

Each individual is ready to express themselves in front of others, ready to serve as an example for others and ready to be absorbed elements by others, a minimum by people nearby, eg spouse (husband/wife). This stage is processed more steadily through the process of everyday life. This stage is

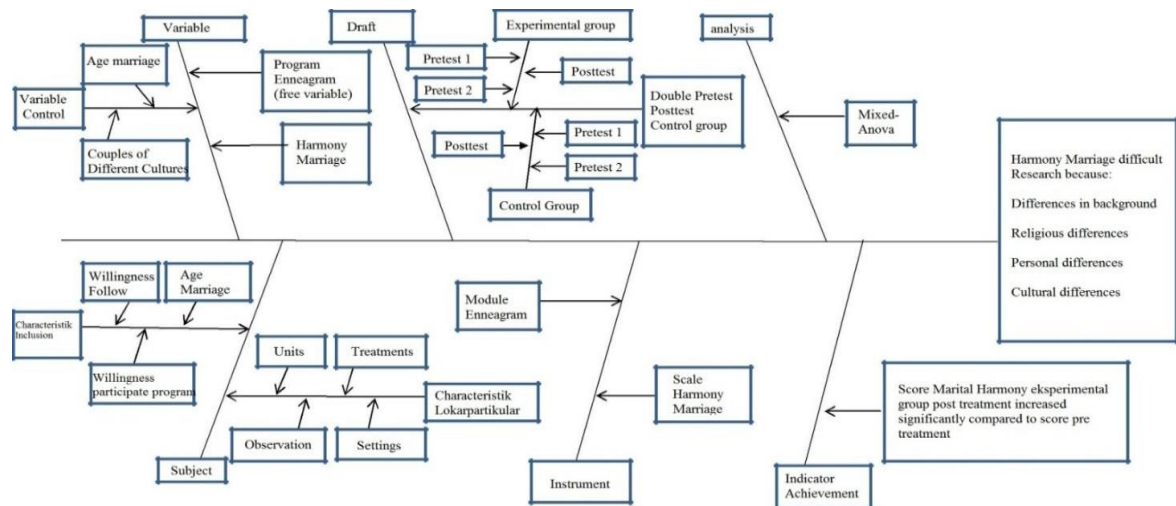


Figure 1. Flow Framework Research - Fish Bond Diagram

realized in the form of all the participants one by one revealing all its characteristic properties in both the healthy and unhealthy conditions (Riso & Hudson, 2003). This process helps the participants to dare to accept yourself personal and encourage participants to develop personal healthier in the future and through disclosure before the participants as a means to train the subject openly about his personal against others who might be expected the subject to be more open about his personal presence of his partner without having to fear the response given to the private partner which he expressed, is also not afraid to respond honestly to the private partner so that the communication process both sides do not have problems. Open communication will make both husband and wife will feel be understood deeply by her partner, who eventually each will be satisfied with the relations in marriage, as revealed by Baron & Byrne (1997) that marital harmony is a marriage that is satisfactory to both parties.

1.5. Marital Harmony from the Perspective of Jung.

According Frager and Fadiman (2005), focused on Jung's theory of individuation, which is defined as personal development process that involves the ego with self. Ego became the center of self-consciousness and become the center of the total psyche, where psyche total sided consciousness and unconsciousness interplay constantly. Human personality consists of two opposing poles, namely the tendency introvert (introversion) and extrovert (extraversion), the rational and irrational, anima and animus, awareness and unconsciousness, and driven by the events of the past and drawn by expectations of the future. Individuation is a process of unification of the two opposing poles in the personality of the individual so that the individual develop into individual homogeneous. Individuals who have achieved individuation will minimize their persona,

anima and animusnya recognize, and achieving a balance between introversion and extraversion. Individuals become aware of their personality which are no longer dominated by the unconscious or the conscious ego but achieving a balance between all aspects of their personality. Jung also believed that every individual has a tendency to move toward changes that lead to perfection and completeness of self or self.

Based on Jung's view, we can conclude that marriage can bring happiness to couples when marriage becomes a means or a place for self drive each party towards individuation. Maram (2010) revealed that based on the Jung's view, marriage can be brought into harmony when the marriage is seen as a psychological relationship. That is, the relation pair depicts a container or the box with "filler", which means the dynamics of relations between archetype that acts as a container or box with charger box "is". Two of these roles can be interchangeably, but directed towards self individuation respectively. So, ideally marriage can be a means for self drive toward individuation respectively.

The theory will be used by researchers for this study is the process underlying Jung's theory, especially about self and Bowenian particular theory of self differentiation considering this theory looked at human as a whole, in the sense influenced by the past and its present. While prose implementation of treatment more emphasis on what is happening at this time so that researchers using cognitive aspects in particular Experiential Learning. Thus, it can be concluded, that there are three theoretical basis of this research, ie Jung's theory and the theory as the basis of a Program Bowenian Enneagram Modified and Experiential Learning theory as the basis for the implementation of the program. Bowenian theory is used to explore aspects of the past associated with the family emotional system each affecting every personal spousal moment. While the theory of Experiential Learning is used as the basis of the

learning process of the implementation of the Program participants Enneagram Modified.

1.6. Hypothesis.

There are differences in marital harmony in the control group and the experimental group between before the treatments after giving Enneagram Modified Program. The experimental group increased marital harmony higher than the control group.

2. METHOD

2.1. Research Variable

1. Independent Variables : Modified *Enneagram* Program
2. The dependent variables : Harmony Marriage
3. Control Variable : Age of marriage (1-10 years), spouses of different culture (Flores husband-Javanese wife) which is incorporated in the Flobamora in Malang

2.2. Research Subject

Quasi-experimental subjects in this study is a couple different cultures (Flores husband-Javanese wife) which is incorporated in the Flobamora in Malang and candidate for inclusion as follows:

1. Age of marriage : 1-10 years
2. Willing and able to follow the entire session in the Enneagram Program Modified on weekends (Saturday-Sunday) for one month.
3. Willing to follow the program

Based on the characteristics and specifications subject inclusion of the above, it can be concluded that the quasi-experimental research which will be done locally-particular (Shadish, Cook & Campbell, 2002). Local, in the sense as follows:

- a. Subject ($U = \text{unit}$) only subjects that correspond to characteristic inclusions above,
- b. Treatment ($T = \text{treatment}$) using the Program Riso-Hudson *Enneagram* version Modified by the researcher,
- c. Measurement of dependent variable ($O = \text{observation}$), using a scale marital harmony with a certain concept
- d. *Setting* (S) it just on a different marriage cultures (Flores husband - Javanese wife).

2.3. Research Instruments

1. Modified Enneagram Program module, where one part of the module is the Enneagram scale compiled by Don Richard Riso and has proven its validity and reliability (Hendrati, 2012). The scale consists of 180 items statements that are

divided into 9 groups of statements so that each group consisted of 20 items.

2. The scale of marital harmony. This scale is a scale pair consisting of 40 items which have also been tested for validity and reliability (Hendrati, 2012) and consists of 40 items statement

2.4. Research Design

The design of the study was *double pretest-posttest Control Group* can be described as follows:

NR	O ₁	O ₂	X	O ₃

NR	O ₁	O ₂		O ₃

Figure 2. Design of *Double pretest-posttest control group*

(Shadish, Cook & Campbell, 2002, p 145).

Description:

- O₁ : Scores marital harmony subject 1 month before administration
treatment
- O₂ : Scores marital harmony subject shortly before administration
treatment
- X : *Treatment* / Modification Program *Enneagram*, for about 1 month
- O₃ : Score marital harmony subject shortly after the administration of *treatment*
- NR : *Non-Randomized*

Researcher uses a *double-pretest* design, because this design provides an opportunity for researcher to understand the bias that may arise in the measurement of O₁ to O₂, which of course can arise also in the measurement of O₂ to O₃.

The format of the draft implementation and its research *double pretest* measurements shown in Table 2.

Table 2.
The draft implementation quasi experimental study with a *double pretest* and measurement.

Subjects	Treatment	Measurement		
Experimental group	Program <i>Enneagram</i> be Modified	O ₁ ,	O ₂ ,	O ₃
	Debriefing preparation work			
Control group	program	O ₁	O ₂	O ₃

Description :

- O₁ : Measurement of marital harmony *pretest* 1
O₂ : Measurement of marital harmony *pretest* 2
O₃ : Measurement of marital harmony *posttest*

2.5. Data Analysis Methods

The data were processed using SPSS with Mixed-Anova analysis techniques.

2.6. Research Sites

Flobamora group members in Malang, a group composed of people who come from cultures Flores who live in the city of Malang. Most members of this group have a spouse who comes from the Javanese.

2.7. Measurable Achievement Indicators

Enneagram Modified Programs can enhance marital harmony married couples of different cultures by comparing the experimental group marital harmony between pre-treatment with post treatment, where a score of marital harmony post-treatment showed a significant increase compared to pre-treatment scores.

3. RESULT AND DISCUSSION

Based on the results of ANOVA test mixture (mixed-ANOVA) can be noted that the value of F count A mix B at 303.153 with a value of $p = 0.001$. It can be concluded that there are significant differences between marital harmony between pretest 1, pretest 2 and posttest control group and the experimental group, as shown in Table 3.

Table 3.
Test of Within Subject Effects

Source	Type Assumptions	Df	R ²	F	Sig	Partial Eta Squared
Factor 1	Asumsi	2	107.	429.	,000	,814
	Sphericity		263	989		
	Greenhouse-Geiser	1,288	166.	429.	,000	,814
	Hyunh-Feldt	1,311	163.	429.	,000	,814
Factors * klp	Lower-bound	1,000	214.	429.	,000	,814
	Asumsi	2	75.6	303.		
	Sphericity		23	153		
	Greenhouse-Geiser	1,288	117.	303.	,000	,756
	Hyunh-Feldt	1,311	115.	303.	,000	,756
	Lower-bound	1,000	151.	303.	,000	,756
			247	153		
					,000	,756

Description: Factor 1 = marital harmony

Based on the difference in the mean result of interaction between the group with repeated observations can be concluded that:

1. Experimental group
 - a. There are significant differences in scores between *pretest* marital harmony *test* 2 with *posttest* (B2K1-B3K1), with $p = 0.000$ and the value of the difference in mean = -3.21000, it can be concluded that there is an increase in marital harmony scores from *pretest* to *posttest* 2 ;
 - b. There are significant differences in scores marital harmony between *pretest* 1 with *posttest* (B1K1-B3K1), with $p = 0.000$.

2. Control group

- a. There is no significant difference in scores between the marital harmony *pretest* 2 with *posttest* (B2K2-B3K2), with $p = 1.000$;
- b. There is no significant difference in scores between the marital harmony *pretest* 1 with *posttest* (B1K2-B3K2), with $p = 0.778$.

Once aware of these differences the researcher also calculates the partial eta squared A mixed B and obtained a yield of 0.756 or 75% role Enneagram Enneagram Program Modified to increase marital harmony couple different cultures (Flores husband - Javanese wife).

3.1. Research Discussion

Enneagram Modified Program contains elements other than personal recognize spouses also contained an element of effective interpersonal communication or efficient interpersonal personality communication. This is in line with the concept of Jung's theory that emphasizes that people in relationships with other people always use a persona (mask) so that the original does not reveal personal / straightforwardly expressed before others. Then it needs a method that couples communicate with each other.

By looking at the results of statistical analysis that shows the role of this program amounted to 75% increase in married couples different culture then there are 25% of other factors that come into play harmony improve their marriage. Theoretically, gender differences also affect the perception of each of the concept of marital harmony.

3.2. Research Implementation

The main objective of this study was to obtain a program model that could be a method to improve marital harmony in couples with a culture different from the age of 1-10 years of marriage. But considering the subject of research is still limited to a particular culture (culture Flores and Java), the research still needs further more includes all cultures in Indonesia.

Therefore, based on these results, Enneagram Modified Program can be used as an improved method of marital harmony different cultures, but still limited in its cultural context Flores and Java.

4. CONCLUSIONS AND RECOMMENDATIONS

Based on the results of research and discussion above, it can be concluded that:

1. *Enneagram* Modified Program can enhance marital harmony of cultural difference (Flores husband - Javanese wife) at the age of 1-10 years of marriage.

2. *Enneagram* Modified Programs contribute by 75% increase in marital harmony 1-10 years (Flores husband - Javanese wife).
3. Theoretically, there is still 25% are other factors that can increase the harmony of marriage (Flores husband - Javanese wife) at 1-10 years of marriage. Other factors are for example perception of marital harmony, equity interests / hobbies between husband and wife, etc.
4. Further research needs to be conducted using the Program Modified *Enneagram* against spouses of different cultural groups (in addition to Flores, Java).

For researchers who interested in the theme of the increase in marital harmony, should consider and control other variables that affect the increase in marital harmony.

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