

PSYCHOLOGICAL WELL BEING OF GIRLS WHO MARRIED EARLY BECAUSE OF POVERTY

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Abstract

This research is aimed to examine the psychological well being of girls who married early because of poverty. Ryff theory is used to understand how self acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, personal growth will contribute or otherwise restrain the psychological well being of those early married young women. This study used a qualitative method by interviewed 3 girls in Tambora-West Jakarta aged 16-17 years who married early because of poverty, have been married for 5-8 years, low income families (lived in densely populated residential house with their parents, has no own income, and husband's income under three million a month). The results showed that 3 participants accept their selves include strenghts and weaknesses. They have a positive relationship with others by maintain communication and helped others. Three participants only have autonomy in domestic area, can balance daily activities related to domestic work. Only one participant consistent adjust her environment according to her needs, that is work at home to earn money. They have same life purpose, that is be a good housewife and have their own house, although obstructed in the achievement of material goals. Personal growth of three participants visible on domestic capability. Supporting factors of their psychological well being are social support from family and husband, self awareness of being wife and mother, and also life experience. Inhibit factors of their psychological well being are difficult economic conditions, domination of husband role which governs life of participants, also role and responsibility as a wife. In this study, found that girls who married early have a good psychological well being even though the economy is still difficult because they are in a supportive environment.

Keywords: *psychological well being, girls, early marriage, poverty*

Marriage is an inner bond between a man and a woman as a husband and wife in order to form a happy and eternal family (household) based on the One Supreme Godhead (Undang-Undang Pernikahan Republik Indonesia, 1974). The ideal age of man to marry is 25 years for men and 21 years for women because at that age men and women are physically and psychologically mature (Departemen Kesehatan, 2011). For men at the age of 25 years is considered able to sustain family life because it already has a job. For women at the age of 21 years has a more mature reproductive organs to contain and give birth. In fact, in Indonesia many teenagers are married before the age limit is ideal for marriage.

As many as 22,000 women under the age of 18 were married early from 56,200

women married at the age of 20-24 years, while for men under the age of 18 were 16,000 from 45,400 men married at the age of 20-24 years (BKKBN, 2012). Judging from the data, the percentage of early married adolescent girls is greater than male adolescents. The national trend percentage of adolescent girls who married early also tend to be stable from year to year. In 2011 the number of adolescent girls who married early under the age of 18 years reached 32.6%. In 2012 reached 32.4%. Year 2013 reached 30.9%, and in 2015 reached 27.4%. The national trend percentage of adolescent girls who married early showed the highest age of adolescent girls who married early was in the age range 16-18 years (UNICEF, 2016).

Early marriages in Indonesia such as those occurring in West Sulawesi, Central Kalimantan, South Sulawesi, Papua and South Kalimantan are driven by a variety of factors, namely economic conditions, low education levels, pre-marital sex in teenagers leading to pregnancy (BKKBN, 2012). The analysis by the Central Bureau of Statistics (BPS) and the United Nations Children 's Fund (UNICEF) (2016) mention that poverty is the driving factor for early marriage. Poverty encourages parents to marry off their children, moreover the cost of education required to send children is also quite large.

Girls who get married are expected to make the family economy better or at least the standard of life of the girl to be better. Further explained in the study, that parents who have low levels of economic income tend to want to release the responsibility to take care of their children by marrying him for not being able to finance education. Parents are also hoping for economic support from their married children. Based on research conducted by UNICEF (2016) on child marriage in Indonesia (such as West Kalimantan, Central Kalimantan, Central Sulawesi, South Kalimantan, Southeast Sulawesi) it is explained that early marriage of adolescent girls in Indonesia is more common in families with low economic income and have less financial expenses than high income families and have large financial expenditures. Early marriages that occurred in Indonesia have a positive impact and negative impact for adolescents who make such early marriage. The positive impact of adolescents who marry early is as a strategy to survive financially (Astuty, 2015) to make the burden of teenage families is reduced. Research conducted by Astuty (2015) with a qualitative method of 3 teenagers and parents of teenagers revealed that the reasons that encourage parents to marry their children at an early age because they see the economic establishment of prospective husbands. The economic establishment of prospective husbands is aimed at reducing the financial burden of families so that parents no longer bear the cost of living of their teenage girls.

Judging from the negative impact, early marriage resulted in a number of problems in terms of physical and psychological, especially for young women. Physically, adolescent girls who married at an early age are susceptible to reproductive health damage such as uterine infection and cervical cancer (Desiyanti, 2015). In childbirth, girls aged 15-19 years have 5 times greater likelihood of dying than those aged 20-25 (Badan Pusat Statistik & UNICEF, 2016). Negative impact on the physical teenage girls is certainly due to immature physical, especially the reproductive system of adolescent girls. There are so many negative impacts received by young married women who even bring these young women to the death of an early marriage.

Early marriage can also contribute to early divorce and domestic violence in girls. This happens because in marriage, adolescent girls can not take decisions and attitudes so that the husband more dominates (Landung, Thaha & Abdullah, 2009). Psychically, early married girls have a high risk of experiencing anxiety, depression, or even having thoughts of ending their life. Negative impact on the psychic is due to early married women who do not have the power and control of his own life (Badan Pusat Statistik & UNICEF, 2016).

Viewed from the psychological side, ideally marriage should bring benefits and positive impact for couples who live it. Marriage can improve psychological well-being because marriage provides social support for a person (Soulsby & Bennet, 2015). Someone who gets social support will avoid depression and mental illness. Psychological well-being which is an advantage of marriage can be obtained if the quality of marriage is good (Wilson & Oswald, 2005). The quality of the marriage in question includes happiness, satisfaction, and thoughts not to divorce (Wickrama et al., 1997). However, in fact

early marriages are done by many teenagers who end up with divorce. Marriages made at an early age are associated with divorce (Bumpass & Sweet, 1972).

The conclusion that the researchers take is that adolescent girls who do early marriage experience the possibility of the emergence of negative impacts are very risky for physical and psychological health. Negative impacts ranging from physical aspects such as reproductive health to even bringing young women to death and psychological aspects such as experiencing domestic violence. Adolescent girls who make early marriages will be faced with the risk of damage to health and well-being (UNICEF, 2016).

Faced with the negative impacts that arise from early marriage will lead a teenager to a depressed state of life that can not enjoy his life (UNICEF, 2016). Depressive state will disrupt the psychological well being conditions, so it can affect the family dyadic process such as how to care for children, relationships with husband or wife, and the relationship of children with parents.

The psychological well being of adolescent girls who get married early is known more deeply through the answers of adolescent girls who become participant research on the psychological well-being dimension:

1. Self-acceptance

A person who has a good self-acceptance of being positive with himself accepts all the advantages and limitations of himself, and views the past with positive feelings. Someone who has poor self-acceptance will feel dissatisfied with himself especially the limitations of self, meaning the past with a negative with different behavior.

2. Positive relationship with others.

This dimension includes a person's positive relationship with others, has warmth, trust, affection, and strong empathy and can give and take (give and take) in a relationship. Conversely, if a person does not have a positive relationship with others it is difficult to

open up because of disbelief, difficulty in warm relationships with others, isolated, and frustrated.

3. Autonomy

This dimension explains the independence of a person in terms of self-determination including behavior, direction of life, and self-regulation. A person who has self-reliance is able to resist social pressure to think and behave in certain ways, can manage his own life freely but still within limits and evaluate himself with personal standards rather than following the wishes of the people around.

4. Environmental mastery

This dimension sees the extent to which a person can choose an environment that suits his or her psychic needs and personal values. A person who is able to control the external environment well will choose a social environment that suits her and can benefit her life. It is by choosing to take advantage of opportunities for activities that can meet personal needs and in accordance with personal values.

5. Purpose in life

Psychological wellbeing in this dimension is seen when the individual is able to achieve the purpose or meaning of life. One must have meaning in his life. When a person has a purpose in life it can give meaning to the events that occurred in the past and the present. The purpose of life is important for a person to have direction in his life.

6. Personal growth

A person who has self-growth sees himself as a growing and developing person, and improves his positive qualities. A person who has a good self-growth is open to new experiences, aware of his potential, and understand his or her own development and behavior at various times. Conversely, a person who does

not have good self-esteem will feel stagnant growth, lack of sense to improve self-qualities, feel bored and uninterested in events in life, and feel unable to develop new behaviors or attitudes.

Researchers are also looking at factors that can support and inhibit the psychological well-being of adolescent girls who get married early. Researchers use qualitative methods, with data collection techniques through in-depth interviews.

METHOD

This research using qualitative method. Qualitative approach is the most suitable method to use in this research because study the daily situation of adolescent girls who married early in more depth. This research involves 3 girls who married early in 16-17 years old because of poverty and has been married for 5-8 years. This research started from Agustus 2016 until Agustus 2017, started with literature review, looked for participants, interviewed participants, and make the report. Participants in this research were chosen with purposive sampling that fulfill three criterias. First, girls who married in in the age range 16-18 years, married early because of poverty, and minimum age of marriage is 3 years and maximum 10 years. The researcher did not specifically specify the location where the researcher would look for the participants, as long as the characteristics were met. Search for other participants in Tambora and Kalideres area, West Jakarta.

Researchers are acquainted with 3 teenage girls who get married early due to poverty. Initially researchers found 1 teenage

girl who got married early, from the first female teenager that researchers were introduced by 2 other female teenagers who have characteristics according to which researchers are looking for. Researchers came to the home of each of the girls to get acquainted, explain the intentions of the researcher, and talk about daily life. When offered to be a participant in this study, the three young women are willing. Researchers also explain the technical data collection to the three participants (data retrieval time, things to be interviewed, and data confidentiality).

Data analysis method used in this research is thematic analysis. Thematic analysis is the basic method used in qualitative research. Analysis is done by identifying themes that have patterns of data about a phenomenon that has been obtained. Before starting the analysis, the researcher first transcription, ie change the recording interview into writing. The researcher then organizes the interview data that has been obtained into a table that serves as a table for coding, then categorizes data on themes that have patterns and on the dimensions that exist in the basic theory of research, namely psychological well being. Then performed the analysis and interpretation of data according to psychological well being theory proposed by Ryff.

RESULTS

The results below present research result from three participants who fulfilled research criterias.

Table 1: Provides descriptions of participants

	Participant I	Participant II	Participant III
Name (Pseudonym)	Rani	Tyas	Eli
Gender	Female	Female	Female
Level of Education	Junior High School	Junior High School	Junior High School
Address	Tambora-West Jakarta	Tambora-West Jakarta	Tambora-West Jakarta
Current Age	21 years old	24 years old	25 years old
Married Age	18 years old	18 years old	17 years old
Usia pernikahan	3 years	6 years	8 years

Ethnicity	Sundanese	Sundanese	Sundanese
Marriage Background	Poverty	Poverty	Poverty
Economy Condition	Has no own income	Working throw away convection yarn at home with 50 thousand income one day	Has no own income
Current Living Conditions	Private rented house in a densely populated alley	A parent's house with walls made of zinc in a densely packed house alley	House rented parent in a densely packed house alley
Husband's Job	A security guard with a salary 3 million per month	Motorcycle taxi drivers earning approximately 3 million per month	Money collector from a food franchise with a salary of approximately 2 million per month

Background of Three Participants

Three participants that involved in this research basically had similar background such as marriage reasons, level of education, employment history, and social economy status. Rani, Tyas, and Eli married on 17-18 years old. They married because they come from poor family. Their parents hope when their children got married the burden of the parents bear the economically diminished and the life of the child is more secure. Three participants just finished their school in junior high school. They quit from school because there is no cost and their family assumed that women do not need high school because they will do housework. They both ever worked as convection laborers and shopkeepers.

Psychological Well Being

1. Self Acceptance

The three participants accept self advantages in them such as increasing new skills (cooking, take care of the child, and doing housework). A participant said that they skills and knowlegdes about housework improved after married.

"Jadi ya semua kan pekerjaan rumah tangga tyas yang pegang kayak dari cuci, ngegosok, apa. Dulu nyuci piring doang."

[I can handle all housework like washing and ironing clothes. I used to washing plates, that's all]

Three participants also accept self limitations that exist in them such as become more emotional since having children.

"ada kasar orangnye sekarang. Iye kan dari anaknya juga nakal"

[Become rough because kids are naughty]

Although more often become so emotional because of children, three participants can accept their self limitations and consider it as a natural thing as a mother. Besides that, three participants were able to accept the experience that had been passed by the dropping out of school due to economic factors and had to get married early because as something that can not be changed. The three participants were also able to accept the current state of marriage while remaining alive in its limitations especially economic conditions because they have supportive environment like husband and parents that provides social support.

"Enggak lah nyesel mah enggak. Gak gak nyesel. Ya baik-baik aja. Udah keputusan. Kan dipikirin panjang dulu. Bener gak keputusan yang diambil. Ke depannya gimane gimane. Gitu sih. Tapi yaudah lah jalanin dulu. Tapi yaudah gak diseselin enggak. Baik-baik aja. pokoknye bahagia aje seneng. Banyak belajar. Banyak. Ya ngurus"

rumah tangga gitu.”

[No regrets. It's my decision. I think a long ago to take this. Everything is fine. I'm happy because learn new things such handling housework]

2. *Positive Relations With Others*

The three participants have good relationships with friends by establishing communication via telephone or social media. So also with family and husband's family, 3 participants have good relationship with their family and husband's family because supportive family likes to help when there are difficulties and vice versa. Currently, 2 participants are more open to their own family and husband's family than friends. Except for Tyas who is not open with the husband's family because they are not close since early marriage.

“Sering banget hehe. Ya pokoknya tentang masalah keluarga aja. Misalnya si Fahrul gini- gini ya ceritain aja ke emak. Kayak kenapa sih suami aku begitu sikapnya”

[I often tell about my family problems to my mother like why is my husband act like that]

3. *Autonomy*

Judging from the dimension of autonomy, the autonomy of participants today is limited to taking care of household chores such as deciding family meals, how to take care of children, organize daily activities. This is because there is a dominant role of the husband who governs the lives of the three participants. Their husband apply rules to participant such as prohibit travelling from home. Like one participant said.

“Enggak. Gak boleh kerja kan. Kalo mau laki kan masih mampu cari duit, jangan suruh laki dibilangin mau kerja. Itu namanya gak ngurusin laki. Jadi saya nurut gak kerja lagi, jadi diem aja di rumah.”

[My husband forbid me to work because he said he still earn money so do not tell him to work. He said if I work, i do not take care of him so I do not work anymore and just stay at

home]

The autonomy of the participants is better before marriage because participants can still do what they want.

4. *Environmental Mastery*

The control of the environment of the three participants is hampered by autonomy that is no longer fully owned by each participant because of the dominance of the husband's role. The three participants no longer freely exploit any opportunities that exist in their lives outside of domestic work (work).

“Suami juga ngelarang takut gak kepegang anaknya. Enggak dagang lagi, capek. repot punya anak. kemaren doang perawan dagang.”

[My husband forbid me to selling food because fear of I'm tired and not take care of children]

The three participants are creatively changing the environment in order to meet their personal needs (opening a business). Only one participant has consistently changed the environment. Two more participants were hampered by factors such as focus on taking care of the child.

5. *Purpose in Life*

The three participants have a goal to be a good housewife for her family. As one participant said about her life purpose.

“Pengen jadi ibu rumah tangga yang bae aja buat keluarga. ya ngurus anak dengan baik. urus laki dengan baik.”

[I want to be a good housewife for my family. Take care of my husband and children well]

The family becomes the impetus for the three participants to reach that goal. Three participants realize their role as a wife and mother and try to run the role as well as they can. In terms of material goals, the three participants want to own a house despite being hampered in its achievements due to difficult economic conditions. One participant said.

“pengen punya rumah saya dari dulu

tapi kan ngumpulin duit susah.”

[I want to have my own house at first, but it's hard to saving money]

Three participants have no own income, so they depending on their husband to meet their needs and their goals.

6. *Personal Growth*

The three participants realized there was a development in him after marriage. All three have the ability to do domestic work because of the awareness of duties and responsibilities as a wife and mother. The three participants did not learn other new things outside of domestic work because they were now having children and seemed not interested in learning anything other than housework. One participant said that she more open to knowledges about caring children.

“Ya yang tadinya gak mau tau hal apa aja sekarang harus tau. kayak oh sekarang musim setip ya. gimana ya ngenalin dan ngatasinnya.”

[I was not want to know everything but now i have to know, like now fever season in child, how to recognize and how resolve this.]

7. *Supporting and inhibiting factors of participant's psychological well-being*

Factors that impede the psychological well-being of the participants are (1) the difficult economic circumstances, (2) the dominance of the husband's role in organizing the participant's life, (3) the roles and responsibilities of housewives.

The difficult economic conditions prevent the participants from doing things in their marriage as they meet the needs and desires of the participants (autonomy), fulfilling the participants' objectives such as owning a home (purpose of life), streets for entertainment and pleasing children.

Coupled with the domination of the husband's role that prohibits the three participants working in the formal sector. The dominance of the husband's role in marriage impedes the psychological well-being of the participants to the dimensions of autonomy and mastery of the environment.

The existence of husband's role dominance makes the husband manage the behaviors of participants such as work, play, and take advantage of opportunities that are present.

Roles and responsibilities as a mother also hinder the current participants to do the things they want to do (autonomy). The three participants cannot work and sell because they have children to supervise. Maintaining children makes participants uninterested in doing other things outside of domestic work such as learning new tricks in the dimension of self-growth.

DISCUSSION

Social support from the participant's immediate family is needed because the participant's microsystem environment plays an important role. Parents and husbands are microsystem environments in the lives of all three participants. Microsystem environments include family, friends, school, and work environment intensely building patterns of activity, social roles, and interpersonal relationships (Bronfenbrenner, 1994). Parents and husbands build a third social role of participants to take care of children, husbands, and do housework, as well as interpersonal relationships of the three participants with others ie friends. This is evident from the rules imposed by parents and husbands in the lives of all three participants, and the three participants are obedient to the rule. So that when parents and husbands provide social support will be very beneficial for participants.

The proximity of the three participants with the family to the present becomes a real form of collective culture in Indonesia, namely grouping, togetherness, and communication. In this study, all three participants still live close to their parents. Living with or close to parents makes the three participants and their husbands and children close and

intimate. The mother of the three participants often helps all three participants when they are busy taking care of their husbands and children. The proximity of the three participants with the family after marriage shows the three participants still can not stand alone. This is evident from both participants who still can not own or pay for their own residence.

The life experiences of the three participants also contributed to the psychological well-being of each participant (Ryff & Singer, 1996). Since childhood, all three participants live in economic limitations and have to work hard to meet their needs and wants. The experience has been passed to make the three used to live in limited conditions in marriage. The three participants are still experiencing economic limitations to meet their daily needs including the needs of children. The three participants only complained to their husbands and were patient and looking for a way out to meet their needs.

Researchers also see a factor in the inability of participants to see opportunities or opportunities to improve their lives in economic terms (Markum, 2009). This is because people with low economic status are identical with the lazy poverty culture, like shortcuts, difficult to change, orientation of the present (Markum, 2009). Viewed from the context of the three participants in this study, seen have lack sense of work after married is also a barrier for participants Rani and Eli run business. For participants Rani and Tyas, both oriented to the present, both said they could not spare money or save because of income factors that are only sufficient for everyday needs.

Gender role in the life of the three participants still feels strong, which is a social attribute that is attached to the gender. Gender refers to different needs, experiences, and status as men and women (Kangas et al., 2012). In this context Rani, Tyas, and Eli are women whose role is closely related to domestic work. So also with a man has a gender role to work and earn money. A strong gender role is formed from the

environment of parents and husbands by applying rules of behavior according to their gender roles. Husband asks participants not to work in the formal sector because work is the obligation of the husband, but it also can not play with his friends because of his current job as a mother to take care of children. This makes it difficult for the three participants to take advantage of the opportunities that exist in their lives, namely working in the formal sector.

Another interesting thing encountered in this study is that young married girls can not take the attitude and decision because the husband is more dominant in line with what ever said by Landung, Thaha & Abdullah (2009). The third husband of the participant is older and has a considerable age difference with the three participants, about 3-5 years. The three participants can not make their own decisions because everything is regulated by the current husband. Husband became the dominant role in the life of the three participants. The condition shows another impact of the strong role of gender, where men have more power to regulate women and the role of women to obey men. Obedience to men becomes a culture for the three participants because they do not want to be labeled as a wife who does not husk by the husband. The three participants are obedient to what is said by the husband in any case including not to work and play with friends.

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