

THE LEVEL OF ANXIETY OF PROSPECTIVE PREWED BRIDES IN THE KUA WORKING AREA OF PADAKEBANG DISTRICT, TASIKMALAYA DISTRICT

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ABSTRACT

Married life will be presented with various feelings and situations, such as happiness, looking after each other, and loving each other, but it cannot be separated from feelings of sadness, quarrels, domestic violence, and divorce, making the bride and groom feel anxious about facing marriage. The research aimed to determine the anxiety level of prospective pre-wedding brides and grooms in the KUA Working Area, Padakembang District, Tasikmalaya Regency. Quantitative descriptive research method, total sampling technique. The sample in this study was 52 people who would hold weddings in April, May, and June 2022 in KUA Padakembang District. The data collection technique uses the HARS (Hamilton Anxiety Rating Scale) questionnaire measuring tool. The results of the research showed that of the 52 prospective pre-wedding brides, the majority of respondents had no anxiety, 36 people (69.2%), ten people (19.2%) had mild anxiety, and five people (9.6%) had moderate anxiety. Weight of 1 person (1.9%) and no respondents were found with panic level anxiety.

Keywords: *Anxiety, Bride-to-be, Pre-wedding*

INTRODUCTION

Humans must naturally continue their lives by marrying (Sa'adah, 2019a; Sari & Sunarti, 2013a). Marriage is an effort so that humans can reproduce and reproduce to maintain and maintain the order of life (Ley, 2002). Married life is presented with various feelings and circumstances, such as happiness, caring for each other, and loving each other. Still, it is also not free from feelings of sadness, quarrels, domestic violence, and divorce, which makes the prospective bride and groom feel anxious about facing marriage (Ley, 2002; Smith & Lakadjo, 2018).

must have a wedding image that can be imitated to understand marriage problems and how to overcome them (Rachman, 2016). Future brides and grooms are required to prepare roles, both for women and men, because women have to learn to do various tasks in the household, care for children and prospective male partners, and the role of leader and primary breadwinner in the

family (Silviana & Wahyuningsih, 2021)(L. M. Azizah, Zainuri, & Amar, 2016)(Yusuf, Fitriydsti, & Nihayati, 2015)(Sari & Sunarti, 2013a).

Anxiety is a mental health problem with high prevalence (Rahman & Riza, 2018). Marriage is a psychosocial stressor that causes anxiety for the prospective bride and groom (Amelia, Sumarni, & Marchira, 2014)(Hasim, 2018). Pre-wedding anxiety is an unpleasant feeling experienced by men and women before marriage (Dewi, 2015)(Plutzer, 2021).

Miftahu Sa'adah used a case study research method on three prospective bride and groom couples in the Jekan Raya KUA (Religious Affairs Office) work area, Palangkaraya City. The results showed that the three couples showed anxious behaviour, including often feeling anxious, very alert, experiencing nervousness, headaches, and restlessness (Sa'adah, 2019b). Another research was conducted on 70 male and female prospective brides in Yogyakarta (35 male respondents and 35 female respondents), where the results showed that future grooms experienced 0% low anxiety, 1.4% moderate anxiety, 18.6% had high anxiety, and 30% panicked, while prospective brides showed anxiety research results of a percentage of 0% for very low, low and moderate anxiety, 34.4% high anxiety, and 10% felt panicked. The phenomenon of anxiety before marriage is experienced by many people who are about to get married, so researchers are finally interested in conducting research on the anxiety levels of prospective brides and grooms before marriage in the KUA work area, Padakembang District, Tasikmalaya Regency.

METHOD

The research method that the researcher has carried out is a descriptive method with a quantitative approach using a total sampling technique. The sample in this study was 52 who would hold weddings in April, May, and June 2022 in the KUA work area, Padakembang District. The data collected in the research consisted of primary and secondary data. Preliminary data is obtained directly from respondents, which includes all the answers given by respondents to the questions in the questionnaire. Secondary data was obtained from various records or supporting information available at the Padakembang District KUA, such as the respondent's address and mobile number (Sa'adah, 2019a). The questionnaire contains a research instrument or measuring tool to measure anxiety in the form of the Hamilton Anxiety Rating Scale (HARS), which was first developed by Max Hamilton in 1956 to measure all signs of anxiety, both psychological and somatic anxiety (Kamil, Agustina, & Wahid, 2018).

HARS consists of 14 question items to measure signs of anxiety in adults and children (Sari & Sunarti, 2013a). in the form of a Google form, which respondents can fill in by clicking on the column provided for collecting respondent data. This research instrument has been tested for validity and reliability. In her research, the validity test by Ismoyowati showed IFRC results of 0.472-0.851, while the validity test results for HARS were 0.520-0.852. This indicates that the r-count is greater than the r-table, so the measuring instrument is declared valid, and the IFRC reliability test result is 0.929, while HARS is 0.895 (Ayuningtyas, Misnaniarti, & Rayhani, 2018). Data processing is done by editing (checking data), coding (giving code), data entry (entering data), and tabulating (arranging data) (Hidayat, 2013)(Sugiyono & Puspandhani, 2020)(Sugiyono, 2019)(Soekidjo, 2018).

Data analysis was carried out after the data was entered into SPSS, and descriptive processing was done. Univariate analysis analyses one variable because the initial data collection process is still random and abstract, and then the data is processed into informative information. Univariate analysis was used for descriptive statistics (Nursalam, 2020), which were reported as frequency distributions and percentages (Rachman, 2016). The univariate analysis used in this research is to look at the characteristics of respondents based on age, gender, and length of time they have known the prospective partner to determine the level of anxiety of the future bride and groom before the wedding (Notoatmojo, 2012)(Dahlan, 2018).

RESULT AND DISCUSSION

1. Result

a. Distribution of Respondent Characteristics Based on Age

Table 1.

Numerical Descriptive Presentation of Normal Data Distribution

	Mean (S.D.)	IC95%
Age	24,08 (3,508)	23,10-25,05

Based on table 1, it can be seen that the distribution of respondents from the total number of respondents of 52 pre-wedding prospective brides and grooms has a mean age of 24.08 with a standard deviation of 3.508.

b. Frequency Distribution of Respondent Characteristics Based on Gender

Table 2.

Frequency Distribution Based on Gender

Gender	n(%)	IC95%
Man	26 (50,0)	23,10-25,05
Woman	26 (50,0)	
Total	52 (100)	

Based on table 2, it can be seen that the distribution of respondents from a total of 52 prospective pre-wedding brides and grooms is balanced with 26 men (50.0%) and 26 women (50.0%).

c. Frequency Distribution of Respondent Characteristics Based on the Length of Knowing the Prospective Partner

Table 3.

Frequency Distribution of Respondents Based on How Long They Know Their Potential Partner

Length of Knowing the Prospective Partner	N (%)	IC 95%
1 -12 Month	23 (44,2)	1,79-2,48
13-24 Month	10 (19,2)	
25-36 Month	10 (19,2)	
37-48 Month	7 (13,5)	
49-60 Month	2 (3,8)	
TOTAL	52 (100)	

Based on table 3, it can be seen that the distribution of respondents from the total number of respondents was 52 prospective pre-wedding brides, namely the length of time they had known the prospective partner was 1-12 months as many as 23 people (44.2%), 13-24 months as many as 10 people (19.2%), 25 -36 months as many as 10 people (19.2%), 37-48 months as many as 7 people (13.5%), and 49-60 months as many as 2 people (3.8%).

4. Frequency Distribution of Respondent Characteristics Based on Level of Anxiety

Table 4.

Frequency Distribution of Respondents Based on Level of Anxiety

Level of Anxiety	n (%)	IK 95%
Nothing Anxiety	36 (69,2)	1,23-1,65
Light	10 (19,2)	
Currently	5 (9,6)	
Heavy	1 (1,9)	
TOTAL	52	

Based on table 4, it can be seen that the distribution of respondents from the total number of respondents was 52 prospective pre-wedding brides, namely that the majority of respondents had no anxiety as many as 36 people (69.2%), mild anxiety 10 people (19.2%), moderate anxiety 5 people (9.6%), 1 person (1.9%) had severe anxiety, while in the results of the level of anxiety there were no respondents with anxiety at the panic level.

2. Discussion

The respondents in this study were prospective brides and grooms who would hold a wedding in the KUA work area, Padakembang District, Tasikmalaya Regency. The number of samples in this study was 52 respondents.

The research results show that the average age of prospective brides and grooms is 24 years old. The results of this research are in line with the results of Yunita's study in 2018, which was located in Rowosari Village, Semarang City, which stated that the average age at which respondents married was 24 years (I. Azizah, Marifatul, Akbar, & A, 2016); this is by the laws and regulations regarding marriage which have been revised and approved by the Constitutional Court (Mahkamah Constitution) in 2019, the maximum age for marriage is 19 years for women and men. In contrast, if the respondent's age is less than 19 years, the marriage will be referred to as early marriage. Health research states that the ideal age of readiness for marriage is 21 years for women and 25 years for men (Dewi, 2015).

The results showed that the respondents in this study were evenly matched, namely 26 men and 26 women, but based on the characteristics of the respondents in terms of gender, the respondents who experienced anxiety were women; this is because women are more easily influenced by pressures. Environmentally, women are also considered to feel anxious, impatient, and have more sensitive emotions, which will affect their feelings of anxiety (Ley, 2002).

The research results showed that based on the length of time respondents had known their prospective partner before marriage, the maximum was 44.2%, for 1-12 months, amounting to 23 respondents. The results of this research are in line with the results of Fitri's research at the Ta'lim Council in Bandung City, which stated that the results of her research regarding the length of time she had known a potential partner were that all respondents (14 respondents) had known their partner for 1-12 months (Silviana & Wahyuningsih, 2021)(Smith & Lakadjo, 2018)(Handayani, 2018)(Mashuri, 2020). The introduction of a partner before marriage is different for each person; some introduce partners through ta'aruf, arranged marriage, and dating (Sari & Sunarti,

2013a)(Karina & Kusuma, 2017). Marital satisfaction will be influenced by the acquaintance period (which is also referred to as the courtship period). Dating is a maturation process for couples to live as a family. During the courtship period, individuals can get to know each other's character better. During this period, individuals first make adjustments before entering marriage to navigate the real household ship (Sari & Sunarti, 2013b).

The research results showed that respondents in this study mainly experienced anxiety levels in the no anxiety category, 36 people (69.2%) out of 52 respondents. The results of this research are also different from Dewi's research in Yogyakarta, which found that the majority of respondents were at a high level of anxiety, 24 respondents (34.4%) out of 35 respondents (Ley, 2002). Anxiety is a psychological symptom that can interfere with the prospective bride and groom's readiness to carry out the wedding procession because, with anxiety when facing the wedding procession, the future bride and groom can become hesitant about getting married; this is very dangerous for the prospective bride and groom (Sari & Sunarti, 2013a)(Syepriana, Wahyudi, & Himawan, 2018)(Plutzer, 2021) If anxiety continues to increase, it will affect the autonomic nerves of the individual concerned and result in injury to specific body organs. Couples who want to get married should ideally choose their life partner carefully. If a Muslim or Muslim woman has chosen their partner, they will make that partner a part of their life (Sa'adah, 2019b).

CONCLUSION

The average age of respondents is 24 years, and the gender of the respondents in this study is equal, namely, 26 respondents are male, and 26 respondents are female; the length of time they have known a potential partner is maximum at the time of introduction with a length of 1-12 months. The level of anxiety of respondents most often experienced by prospective pre-wedding brides is in the no-anxiety category.

Suggestions

District KUA officers are advised to improve the pre-marital guidance program by preparing a counseling program, determining methods and media in carrying out pre-marital guidance to overcome or prevent the pre-wedding anxiety of prospective brides and grooms so that future brides and grooms are interested in participating in pre-marital guidance. For future researchers who will carry out research regarding the pre-wedding anxiety levels of prospective brides and

grooms, it is recommended to use qualitative research methods so that information from respondents can be extracted.

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