

HUBUNGAN ANTARA KEMATANGAN EMOSI TERHADAP KECEMASAN MENGHADAPI PERNIKAHAN DI TENGAH ADANYA TREN “*MARRIAGE IS SCARY*” PADA DEWASA AWAL

RINGKASAN

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Latar Belakang: Fenomena “*marriage is scary*” yang marak di media sosial telah membentuk persepsi negatif terhadap pernikahan, terutama pada individu dewasa awal yang sedang berada dalam fase penting untuk mengambil keputusan besar dalam hidup. Kecemasan menghadapi pernikahan kerap muncul karena paparan konten negatif, pengalaman masa lalu, atau kurangnya kesiapan emosional.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara kematangan emosi dengan kecemasan menghadapi pernikahan pada individu dewasa awal yang terpengaruh oleh tren “*marriage is scary*”.

Metode Penelitian: Penelitian ini menggunakan metode kuantitatif korelasional dengan subjek penelitian dewasa awal berusia 25–40 tahun yang aktif di media sosial dan mengetahui atau terlibat dalam tren “*marriage is scary*”. Teknik pengambilan sampel menggunakan *purposive sampling*. Instrumen pengumpulan data berupa skala kematangan emosi yang disusun berdasarkan teori Walgito (2003), dan skala kecemasan berdasarkan teori Taylor (1953). Analisis data dilakukan menggunakan teknik korelasi *Pearson Product Moment*.

Hasil Penelitian: Hasil analisis korelasi menunjukkan nilai koefisien korelasi sebesar -0,379 dengan nilai signifikansi $p=0,000$ ($p < 0,01$). Selain itu, hasil koefisien determinasi menunjukkan bahwa kematangan emosi memberikan kontribusi sebesar 12,1% terhadap kecemasan, sedangkan sisanya sebesar 87,9%, dipengaruhi oleh faktor lain.

Kesimpulan: Sehingga, dalam penelitian ini terdapat hubungan negatif antara kematangan emosi terhadap kecemasan menghadapi pernikahan, dengan

Kata kunci: Kematangan Emosi, Kecemasan Menghadapi Pernikahan, Dewasa Awal, *Marriage Is Scary*.

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**RELATIONSHIP BETWEEN EMOTIONAL MATURITY AND ANXIETY
OVER MARRIAGE AMID THE "MARRIAGE IS SCARY" TREND IN
EARLY ADULTS**

ABSTRACT

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Background: The "marriage is scary" phenomenon, prevalent on social media, has shaped negative perceptions of marriage, especially among young adults who are in a crucial phase of life when making major life decisions. Anxiety about marriage often arises from exposure to negative content, past experiences, or a lack of emotional preparedness.

Research Objective: This study aims to determine the relationship between emotional maturity and anxiety about marriage in young adults affected by the "marriage is scary" trend.

Research Method: This study used a quantitative correlational method with early adults aged 25–40 years old who were active on social media and aware of or involved in the "marriage is scary" trend. The sampling technique used purposive sampling. The data collection instruments were an emotional maturity scale based on Walgito's (2003) theory and an anxiety scale based on Taylor's (1953) theory. Data analysis was performed using the Pearson Product Moment correlation technique.

Research Results: The correlation analysis showed a correlation coefficient of -0.379 with a significance value of $p = 0.000$ ($p < 0.01$). Furthermore, the coefficient of determination indicates that emotional maturity contributes 12.1% to anxiety, while the remaining 87.9% is influenced by other factors.

Conclusion: Therefore, in this study, there is a negative relationship between emotional maturity and anxiety about marriage.

Keywords: Emotional Maturity, Anxiety in Facing Marriage, Early Adulthood, Marriage Is Scary.

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