
Emotional Focus Coping on Early Childhood Marriage Actors in Selayar

Andi Pramesti Ningsih

Health Promotion Department, Faculty of Public Health, Hasanuddin University

Corresponding Author: E-mail: ningsihpramesti@gmail.com

ARTICLE INFO

Received: 08 December 2022

Accepted: 14 Feb 2023

Volume: 3

Issue: 1

DOI: 10.56338/jphp.v3i1.4241

KEYWORDS

Emotional Focus Coping; Early Childhood Marriage

ABSTRACT

This study aims to reveal emotional focus coping performed by early marriage couples in Selayar. This research is a qualitative research with a phenomenological approach. The data were obtained by means of in-depth interviews and focus group discussions with 12 informants consisting of teenagers who married at an early age, parents, health workers and family planning instructors. Domain analysis is used to identify semantic relationships in the data found. The results showed that in addition to emotional focus coping, the informants also used problem focus coping in undergoing early marriage. The forms of coping with emotional focus found were self-controlling, escape-avoidance, and positive appraisal. Therefore, counseling is needed for adolescents who marry at an early age.

INTRODUCTION

Law No. 16 of 2019 concerning the age of marriage states that both women and men are 19 years old at the minimum. Marriage at an early age is marriage performed by children under 18 years of age (1). Several factors influence the incidence of marriage at an early age, such as education level, socioeconomic status, cultural wisdom, and ease of internet access (2,3).

Based on data from BPS, South Sulawesi has a percentage of 14.1% higher than the average percentage of early marriage in Indonesia which is 11.2%. South Sulawesi Province is one of the five provinces that have a high average rate of early marriage (BPS, 2018). Bontomatene Subdistrict, as one of the most populous districts in the Selayar Islands, has a fairly high rate of early marriage. In the last 4 years there have been 79 underage marriages and in mid-2019 there have been 13 underage marriages (KUA, Bontomatene sub-district, 2019).

Based on the preliminary study, data shows that early age marriage occurs due to economic problems, children who do not continue school because they cannot afford the costs so they choose to marry so that they are no longer a burden on their parents. Furthermore, because of the culture of *siri'*, parents who are worried that their daughters will be close to men will immediately marry off their children. Another reason is the concern about pregnancy outside of wedlock and the existence of matchmaking in the family regardless of the age of the married couple (Interview with KUA Officers and Youth).

Every minute a girl marries not according to her wishes. This resulted in education being ended and dreams did not come true. In the aspect of girls, she loses her dreams for the future; her rights are violated because of the end of her education, social, economic and psychological development (4).

Some of the problems that are often experienced by couples who marry at an early age are due to the mental unpreparedness to take responsibility for their families, jobs that are not yet established and the emergence of misunderstandings between unstable couples (5). Child brides suffer from emotional distress and depression caused by the burden of the responsibilities of marriage at an early age (6,7). Based on these problems, coping is one of the efforts children can make to overcome marriage at an early age.

Coping is an activity-oriented and intrapsychic effort to manage existing demands and conflicts. There are two types of coping, namely coping that focuses on emotions and coping that focuses on problems. The coping used by each individual is different. This depends on the social support they have and the individual's personality (8).

METHODOLOGY

This research was conducted in Bontomatene District, Selayar Regency, South Sulawesi. This type of research is qualitative research with a phenomenological approach. The informants in this study were selected by purposive sampling based on predetermined criteria. The informants in this study were adolescents, parents, health workers and family planning instructors. The characteristics of the informants were adolescents who married at an early age, parents who had teenage children, health workers in the counseling field and those in charge in the PLKB sector.

The data collection methods used in this study were in-depth interviews and focus group discussions. The data analysis used in this research is domain analysis, namely how to find the domain of the social situation under study. Domain analysis has nine types of semantic relationships in the form of type, space, cause-effect, rational, location, method, function, sequence and attributes. The data obtained are grouped based on semantic relationships in domain analysis.

RESULTS

Emotion-focused coping involves activities that are more focused on modifying one's internal reactions resulting from stressful situations. Coping that focuses on emotions is a cognitive process that is directed at reducing emotional stress, including coping efforts such as avoidance (distancing), selective attention (self-controlling), positive comparisons (escape-avoidance), grabbing positive values from negative events (accepting responsibility) and worship or pray (positive reappraisal).

Some of the things the informants felt and did at the beginning of the marriage were described as follows.

"At the beginning of marriage there was a sense of regret, often cried a few months after marriage" (AN, 23 years old).

"Usually used to, usually not. If there is a problem anyway or it is prohibited - run away again feeling sorry again" (KM, 19 years).

"Get angry first and then silence it until there is a confession" (NI, 15 years old).

"Just cook at home, don't talk to people first" (USA, 17 years).

The informant also said that he believed that he was able to undergo marriage at an early age because of his belief to be a child who was devoted to his parents.

"If parents are accepted as devoted children, they cannot fight back. If parents are willing, God willing, they can, if they have done anything they cannot be sure to be allowed" (TI, 16 Years).

Emotional Focus Coping

Each owner of a wastewater treatment plant must meet certain conditions where the sewerage must be closed to not interfere with the hospital's activities, according to Permenkes No.7 of 2019 concerning the hospital's health environment. Sewerage is channeled through a closed channel not to contaminate aesthetic value and not easily contaminated by other pollutants to the waste treatment plant. This fast waste is waste originating from all rooms in the hospital (10).

Problems Focus Coping

Problem-focused coping involves activities that focus on the elements that change directly from stressful situations. Coping strategies that focus on problems are similar to the strategies used for problem solving. Problem-focused efforts are often directed at coping strategies including planning for physical assistance and support with assignments and problem-solving about specific burdens by overflowing feelings or anger. Problem-focused coping is a strategy for identifying and initiating stressors so they don't happen again in the future. In other words, focus on tackling the root causes of stress to get rid of it.

In addition to emotional-focused coping, the informants also used problem-focused coping. This can be seen from the following informants' expressions in solving existing problems :

"I was silent, kept quiet then went to wait for the atmosphere to improve then discussed the problem carefully" (NT, 21 years).

"If it can still be resolved properly, if not divorce already. Yes, if it has been discussed carefully and the problem cannot be resolved, yes, it is divorced" (TI, 16 years).

The role of parents is also important in providing support for adjustments and problems faced in marriage, as stated below:

"If a fight is always advised by good parents. If there is a problem always help too" (AM, 19 years).

DISCUSSION

Some coping efforts made to adapt to the situation of marriage or existing problems are avoiding problems, ignoring problems, considering the problems at hand to be lighter than the reality, seeking help and solutions from people closest to them, looking for work to solve existing economic problems, self-introspection and get closer to God.

This study shows that in addition to emotional focus coping, the informants also suggested problem-focused coping. The form of emotional-focused coping in this study is silence so as not to prolong the existing problems (self-controlling), believe that things will be fine and parents will help if there are problems (escape-avoidance) and pray that everything can be done well (positive appraisal).

The form of problem-focused coping that exists is seeking help or support from parents / closest people (seeking social support) and structured problem solving such as avoiding but planning to communicate problems at the right time (Planful problem solving).

Individuals use coping more to focus on emotions. This is because individuals use more feelings in dealing with problems, such as fear of prolonging problems if they have to talk, fear of parents being angry if they do not accept matchmaking and other feelings that make coping focus on emotions is the right choice to not cause new problems. In addition, the age of individuals who are still young is not stable enough to think of solutions to problems compared to women who decide to postpone marriage (9-11).

In this study, it was found that men thought more about solving problems in their way without involving their parents or those closest to them. Meanwhile, women prefer to share stories with their parents and ask for advice or choose to remain silent until their partners talk and solve problems.

This is due to gender differences affecting the coping strategies used. Women are usually more expressive, while men value roles. In addition, in dealing with problems, women tend to ask for family support than men who feel responsible for solving their own problems (12).

Effective coping is related to communication in the family. Communication can be used as a medium to solve problems faced by families. In this case, communicating feelings and opinions in a family is an important activity. In addition, family interactions also affect emotional stability in the face of marriage (13,14).

The form of support provided by parents or closest friends is a long-term coping method. This method can deal with psychological problems for a long time. The support obtained from other people will make the individual feel not alone in facing his problems (15).

CONCLUSION

In addition to emotional focus coping, coping with focus problems was also found in this study. The forms of emotional-focused coping in this study are self-controlling, escape-avoidance, and positive appraisal. Meanwhile, the form of problem-focused coping in this study is seeking social support and planful problem solving. To prevent marriage at an early age, it is advisable for health workers to take approaches and health education to increase public awareness about the impact of marriage at an early age and for children who have undergone marriage, counseling is given to help improve their psychological condition.

REFERENCES

1. United Nations Children's Fund (UNICEF). 2005. Life Skills Based Education in South Asia. In a regional Overview Prepared for: The South Asia Life Skills-Based Education Forum. Nepal: United Nations Children's

Fund

2. Sahara, N., Idris & Putri, D.Z. 2018. Faktor-faktor yang Mempengaruhi Keputusan Wanita Menikah di Sumatera Barat. *EcoGen*, 1(3): 640-647
3. Sunaryanto, H. 2019. Analisis Sosial-Ekonomi Faktor Penyebab Perkawinan Anak di Bengkulu: dalam Perspektif Masyarakat dan Pemerintah (Studi Kasus di Kabupaten Seluma). *Jurnal Sosiologi Nusantara*, 5(1): 23-39
4. Beauty, N. C. 2018. Negative Effect of Early Girl Child Marriage on Nigeria the Way Forward. *International Journal of Scientific and Research Publications*, 8(10): 550-560
5. Septiyani, R. 2017. Strategi Coping Stress pada Remaja Menikah Dini di Desa Tangkisan Gantiwarno Klaten. *Jurnal Riset Mahasiswa Bimbingan dan Konseling*, 3(4): 398-411
6. Hamidi N, Yanuhar U, Wardana ING. Potential and properties of marine microalgae *Nannochloropsis oculata* as biomass fuel feedstock. *Int J Energy Environ Eng*. 2014;5(4):279–90.
7. John, N. A., Edmeades J., & Murithi, L. 2019. Child marriage and psychological wellbeing. *BMC Public Health*, 19(1029): 1-22
8. Lazarus, R. S., & Folkman, S. 1984. *Stress, Appraisal and Coping*. New York: Springer Publishing Company
9. Lehrer, E. L. 2006. Age at Marriage and Marital Instability: Revisiting the Becker-Landes-Michael Hypothesis. *IZA Discussion Paper*
10. Chen, Y., Peng, Y., Xu, H., & O'Brien, W. H. 2017. Age Differences in Stress and Coping: Problem-Focused Strategies Mediate the Relationship Between Age and Positive Affect. *The International Journal of Aging and Human Development*, 86 (4): 347-363
11. Oktaviani, F., Djamal, & I., & Sunar, I. 2018. Gambaran Coping Strategy pada Remaja Puteri yang Melakukan Pernikahan Dini. *Jurnal Ilmiah Psikologi*, 5(1), 23-42
12. Chong, A., Gordon, A. E., & Don, B. P. 2016. Emotional Support from Parents and In-Laws: The Roles of Gender and Contract. *Sex Roles*
13. Hendriani, W. 2018. *Resiliensi Psikologis Sebuah Pengantar*. Jakarta: Prenadamedia Group
14. Nindyasari, Y., & Herawati, T. 2018. The Relation of Emotional Maturity, Family Interaction and Marital Satisfaction of Early Age Married Couples. *Journal of Family Sciences*, 3(2), 16-29
15. Rasmun. 2009. *Stres, Koping dan Adaptasi : Teori dan Pohon Masalah Keperawatan*. Jakarta: Sagung Seto