

# Psychological Well Being of Highly Educated Women with an Interest in Marriage (Case Study of Female in Departement of Islamic Religious Education Master Program Sunan Kalijaga State Islamic University Yogyakarta)

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**Abstract:** Women as creatures of god yang play an important role in life. Women became the pillars of the founding of a country. From the womb of a woman is born the next generation – the generation of the nation that continues the struggle of the nation. A child's first home is a girl. The psychological well-being of a woman is certainly one of the determinants for the birth of quality generations. The purpose of this study is to determine the influence and barriers of highly educated women on the interest in marriage. This research method uses qualitative research with a phenomenological approach. Data collection techniques are carried out by direct interview and observation methods. The results showed that highly educated women with unfulfilled psychological well-being tend to have lower interest in marriage. That's because they have many obstacles to finding their own psychological well-being. Meanwhile, highly educated women with psychological well-being have a higher interest in marriage.

**Keywords:** Female, Psychological well being, interest in getting married.

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## Introduction

Women as creatures of Allah yang play an important role in life. Women became the pillars of the founding of a country. From the womb of a woman is born the next generation – the generation of the nation that continues the struggle of the nation. A child's first home is a girl.

Women as *madrasatul ula* have become fitrah for him. The existence of the obligation to study both for Muslim women and men is closely related to an effort to improve the quality of the next generation. Although it is not a guarantee that the parents' education is high, then the child will also follow, but this is an effort to set a good example to the next generation.

So the good and bad of the generation has become an item, of course, not only women who play a role in it, because to give birth and educate a child requires a male role. The two collaborated and accepted each other to be the key to the birth of the next generation.

In Law number 19 of 2019 related that "This marriage reaches the age limit for marriage, improving norms reaches by raising the minimum age of marriage for women. In this case, the minimum age of marriage for women is equated with the minimum age of marriage for men, which is 19 (nineteen) years. The age limit in question is considered to have matured its body spirit to be able to carry out marriage in order to realize the purpose of marriage properly without ending in

divorce and getting healthy and quality offspring". (Law : 2019)

The purpose of getting married is clear in the above law. Efforts to create healthy and quality offspring without a divorce case certainly need to be made a deeper understanding of oneself and the future spouse. We all realize that getting married is not for a day but forever until death separates. Bad things in marriage can certainly be avoided early by choosing a potential partner who is suitable and in accordance with our personality.

This research uses qualitative research. According to Jane Richie, qualitative research is an effort to present the social world and its perspective in the world, in terms of concepts, behaviors, perceptions and problems about the manusa studied (Moleong, 2014). Qualitative research is a research method used to examine the condition of natural objects, (as opposed to experiments) where the researcher is a key instrument (Sugiyono, 2010).

This study uses a phenomenological approach. The phenomenological approach is research that focuses on examining experience into human consciousness. The phenomenological approach is an approach to logic and theory that is in accordance with its field. The phenomenological approach seeks to analyze descriptively about all human experience, both sensory, conceptual, moral, aesthetic, and religious aspects (Helaluddin, 2018, p.7). With this approach, the data used is in the form of stories told by participants (Raco et al., 2012, p.65). With a phenomenological approach, researchers aim to understand the influences and barriers faced by highly educated women on their interest in marriage.

### **Ingredients and Methods**

Penelitian qualitative case studies are elaborated critically using interview medotes. The data analysis technique used by triangulation makes the results of this research richer with the treasures in it. This technique can be interpreted as a technique of collecting data from various sources and indirectly by using this technique, researchers actually also test the credibility of the data to be used (Sugiyono: 2019).

### **Results and Discussion**

Based on the data obtained, the number of students in the master of Islamic religious education is 77 people. The majority is dominated by women with 42 people. The students studied came from various economic backgrounds, social statuses and different experiences. Students who actively run lectures are the main targets in this study.

The female students studied were women who actively carried out lectures at the Department of Islamic Religious Education Master Program Sunan Kalijaga State Islamic University Yogyakarta which was represented by six women. The profiles of highly educated women are:

#### **1. Ms. AU ( 21 years old)**

Living in the midst of a good family and parents who are community leaders. economic conditions of middle and upper families. Living in the suburbs still has the idea that highly educated women are still underestimated and compared to rubber laborers.

#### **2. Ms. ML (23 years old)**

Live in a religious family. The family's economic conditions are well-off. live in a village that has advanced and modern thinking regarding Education for women. Grew up and grew up in a boarding school environment.

#### **3. Ms. MT (24 years old)**

Live in a good family and parents who are public figures. The economic conditions of middle and upper families. Living in a village that still has thoughts Women's education is underestimated and women will end up in mattresses, wells and kitchens.

#### **4. Ms. NL (23 years old)**

Live in a religious family. The economic condition of the middle family katas. Living and growing up in a boarding school environment from junior high school to undergraduate studies.

#### **5. Ms. TR (23 years old)**

Live in a good family. The family's economic conditions are flicking. Live in a developed and

modern village. An already densely populated neighborhood and close to urban areas.

The results of the data obtained from the study can be known through the similarities and

differences of *Psychological Well Being* from the five subjects:

No	dimension	Equation	Difference
1.	Self Acceptance	Of the three subjects are able to accept oneself, the past and the present.	Of the two subjects have not been able to accept themselves because they have trauma and overthinking that causes insecure.
2.	Positive Relations With Others	Of the five subjects able to build positive relationships with others, there was no feeling of intimidation.	Tidak ada
3.	Autonomy	Of the three subjects were able to make their own decisions without the intervention of others and were resistant to social pressure.	Of the two subjects not yet able to make their own decisions, overthinking becomes an obstacle.
4.	Environmental Mastery	Of the four subjects were able to control external activities as well as select and create an environment that suited personal needs.	From one subject, it has not been able to because of living in a dormitory.
5.	Purpose Of Life	Of the five subjects have confidence in realizing life goals, minds and understanding the meaning of life.	Of the five subjects had different dreams and goals.
6.	Personal Growth	Of the five subjects experienced significant improvement and self-development in the self. The mentality and mind are much more mature than before.	Of the five subjects experienced an increase at different times.

Based on the table above between the similarities and differences of each subject, it shows that there are similarities of *Psychological well being* in highly educated, starting from the dimension of self-acceptance that three out of five subjects are able to accept themselves, past and present. Two other subjects have not been able to accept themselves because they have trauma and overthinking that causes insecure. The dimension of positive relationships with others that all five subjects are able to establish positive relationships with others, there is no feeling of intimidation.

The dimension of autonomy that three out of five subjects are able to make their own decisions without the intervention of others and are resistant to social pressure. The other two subjects have not been able to make their own decisions, overthinking is an obstacle. The dimension of mastery of the environment that four out of five subjects are able to control external activities as well as select and create an environment that suits

personal needs. One subject subject has not been able to due to living in a dormitory.

The dimension of life purpose that the five subjects have confidence in realizing life goals, minds and understanding the meaning of life. The dimension of personal growth that all five subjects experienced significant improvement and self-development in the self. The mentality and mind are much more mature than before.

With regard to the interest in marriage, two of the five subjects chose to rethink if they decided to get married. This is because Ms. AU has trauma in her past life, while Ms. ML has excessive overthinking of something that has not happened. The other three subjects chose to prepare themselves and find a suitable partner for marriage. They are ready to get married even if they are active students.

## Discussion

God created men to complement and love one another. It is by the grace of God that man has a

partner still – still. If we are currently unmarried there is no need to worry because God has already appointed a partner for us. We just need to make an effort to find it. As the word of Allah in the Qur'an Surat an - nisa verse 1, reads :

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ  
وَخَلَقَ مِنْهَا زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً  
وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ إِنَّ اللَّهَ كَانَ عَلَيْكُمْ  
رَقِيبًا

**Means:**

"O man! Be devoted to your God who created you from the one self (Adam), and (God) created his mate (Eve) from his (self); and of the two God bred many men and women. Be devoted to the God by whose name you ask one another, and (maintain) family relationships. Indeed, God always watches over you." (An – Nisa': 1)

The verse above also explains the command to be devout to God and explains the purpose of marriage, which is to give birth to human offspring. This is so that we are eternally grateful for the gift that Allah has given us in the form of the offspring of man himself, as Allah said in the Qur'an surah an – nahl verse 72, which reads:

وَاللَّهُ جَعَلَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا وَجَعَلَ لَكُمْ مِنْ أَزْوَاجِكُمْ  
بَنِينَ وَحَفَدَةً وَرَزَقَكُمْ مِنَ الطَّيِّبَاتِ أَفَبِالْبَاطِلِ يُؤْمِنُونَ  
وَبِعِزَّةِ اللَّهِ هُمْ يَكْفُرُونَ

**Means:**

"And God made for you a spouse (husband or wife) of your own kind and made children and grandchildren for you from your spouse, and gave you sustenance from the good. Why do they have faith in the vanity and deny God's favor?" (An-Nahl: 72)

The karunia of the descendants of Allah is one of the signs of the greatness of Allah, as in the Qur'an surah ar – rum verse 21, which reads :

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ  
بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ

**Means:**

"And among his signs (greatness) is that he created pairs for you of your own kind, that you might be inclined and feel at peace with him, and he made among you a sense of love and affection. Truly,

in such a one there are really signs (of the greatness of God) for the thinking people." (Ar-Rum : 21)

This study explains that the psychological well-being of highly educated women determines their readiness to marry. Psychological well being is the result of integrating theories of clinical psychology and developmental psychology Dimensions in *Psychological well being* refers to the theory of positive psychological functioning such as the concept of self-actualization of Maslow , the fully functioning person of Rogers, the concept of individuation from Jung, the concept of maturity of Alport ( Ryff,1989). Developmental theories that are also a reference of the dimensions of *Psychological well-being* include self-acceptance, positive relations with others, Autonomy, environmental mastery, purpose of life , personal growth.

Getting married certainly requires physical and mental readiness to do it. This is in accordance with the order of marriage in the Qur'an surat An – Nur verse 32, which reads :

وَأَنْكِحُوا الْأَيَامَىٰ مِنْكُمْ وَالصَّالِحِينَ مِنْ عِبَادِكُمْ وَإِمَائِكُمْ إِنْ  
يَكُونُوا فُقَرَاءَ يُغْنِهِمُ اللَّهُ مِنْ فَضْلِهِ وَاللَّهُ وَاسِعٌ عَلِيمٌ

**Means:**

"And marry those who are single among you, and also those who are worthy (to marry) of your male and female servants. If they are poor, God will give them the ability with His gift. And Allah is mahaluas (his gift), all-knowing." (An – Nur : 32)

This verse is a commandment to marry for anyone who is able. God motivates people to marry and do good to sahaya servants and freedmen and promises them with sufficiency. (Ibn Katsir, 2015)

In addition, getting married also needs to look at the personality of the person who will be our life companion during life. It can be seen from the way he speaks, thoughts and behaviors in everyday life. In a hadith narrated by bukhari and muslims, it reads :

عن أبي هريرة رضي الله عنه عن النبي صلى الله عليه وسلم  
قال  
تُنكح المرأة لأربع لِمَالِهَا، وَلِحَسَبِهَا، وَجَمَالِهَا، وَلِدِينِهَا، فَأظْفَرُ  
بِدَاتِ الدِّينِ تَرَبُّثٌ بِدَاكِ

*That is to say: From Abi Hurairah RA, the Messenger of Allah SAW said, "The woman was married because of four things. Because of her treasures, her nasab, her beauty, and her religion. But of the four, the main concern is the issue of religion. Then notice the religion you will be saved" (Kamal, 2019).*

The hadith above explains the things that need to be considered to choose a prospective husband or wife. If this hadith is interpreted textually, it means wealth in terms of material, good family offspring, beautiful in terms of physique and diligent prayer. People generally interpret this hadith thus. If we contextualize then wealth is not only material but insight, heart and thought. Heredity sees not only family factors but rather personality, psychology and mentality. Beauty is not only in terms of physique but can be akhlaq, how to speak, how to get along with others and so on. Religion is not only diligent in praying, but can be seen from its daily life in practicing Islamic teachings.

The relationship of this hadith with Psychological Well Being lies in the point of "womanhood" as one of the criteria for marriage. The descendants here are not only seen from which family he was born into. Derivatives can also be expanded, covering DNA that will be passed on to the next generation. For example, people who are born of religious experts or one of them are religious experts, do not make the child a religious expert either. DNA, which is a mixture of chromosomes of both parents, makes it a new thing. The potential for good and bad things is found in the child from birth. How to educate parents and the environment that shapes the child's psychology well.

Psychological Well Being a good person has the potential to be able to manage themselves, be able to make their own decisions without the intervention of others, withstand pressure, choose things that suit their needs, be able to build positive relationships with others, have confidence

in realizing life goals, minds and understand the meaning of life Things like this are needed in marriage readiness.

No wonder many married men and women see the maturity side of their partners first and it means they are talking about the Psychological Well Being of couples who are deemed suitable for marriage.

## Conclusion

From the results of these studies, the following conclusions can be drawn:

1. highly educated women with unfulfilled Psychological Well Being tend to have a lower interest in marriage. That's because they have many obstacles to finding their own psycholgi well-being.
2. Highly educated women with Psychological Well Being have a higher interest in marriage.

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