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MAJALAH ILMU PENGETAHUAN DAN PEMIKIRAN KEAGAMAAN TAJDID

The Relationship Between Self-Efficacy and Symptoms of Anxiety in Married Couples in Tanah Garam Village, Solok City.

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Abstrak *: Problems that often occur in a person's domestic relationships tend to range from small fights to big fights that lead to divorce. Several factors that cause this are misunderstandings between partners, irritability, domestic violence, economic problems, and other problems. This study aims to look at the level of self-efficacy and level of anxiety symptoms in facing marriage and whether there is a relationship between self-efficacy and anxiety in married couples in facing marriage. This research uses a quantitative correlational approach. The data collection technique used in this research is purposive sampling. Based on the research results, the value obtained from the hypothesis test was -0.652 > 0.05, which means that the higher the self-efficacy that a husband and wife have in carrying out their marriage, the lower the symptoms of anxiety that the husband and wife have in carrying out their marriage.*
Keyword : Self-Efficacy ; Anxiety ; Marriage - Life

INTRODUCTION

According to Law of the Republic of Indonesia Number 1 of 1974 concerning marriage, in chapter 1 article 1 it is stated that marriage is a physical and spiritual bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family (household) based on the divinity of the Almighty. Esa (DPR RI, 1974). Marriage is a means to achieve happiness that many people dream of. Marriage is not just a way to realize dreams and social responsibilities, but also as a means of worship in obeying religious commands (Iqbal, 2020). Marriage is a period where a person learns to live together as a husband and wife who form a family, raise children, build and manage a household. If this task can be completed and completed well, it will bring happiness to the couple (Hurlock, 1997). Vries (in Iqbal, 2020), states that marriage is not just a matter of love, but a good marriage consists of effort and attention, sickness and health, being young and old, dealing with small and big problems, and being able to overcome various kinds of problems. difficulties and threats.

However, each couple's expectations for domestic life are different from reality, so achieving happiness in marriage is not an easy thing. This is because marriage requires changes in lifestyle and adjustment to new roles and

responsibilities as husband and wife (Aini & Afdal, 2020). Baasyir (in Aini & Afdal, 2020) The purpose of marriage in Islam is to fulfill the instinctive demands of human life, to carry out a relationship between a man and a woman in order to realize family happiness according to the teachings of Allah and His Messenger.

Based on the initial survey conducted by the author, there is a problem of anxiety symptoms that occurs in Tanah Garam Village, Solok City. The number of data on married couples registering KK (family cards) in Tanah Garam Village, Solok City in 2022 is 216 KK. Then the author conducted interviews and observations on married couples who had been married for between 1-5 years in Tanah Garam Village, Solok City, totaling 15 pairs of husband and wife (30 people). The results of the initial survey that the author conducted showed several problems with anxiety symptoms that occurred in Tanah Garam Village, Solok City. Among them, they feel psychological feelings that are easily stressed when dealing with household matters, have difficulty expressing their feelings to their partner, feel dizzy or nauseous when they are worried about facing family conflict, and feel afraid if their partner is polygamous or asks for a divorce.

Based on the results of interviews and observations (initial survey) that the author conducted with married couples in Tanah Garam Village, the author found that on average these married couples have feelings of worry and anxiety in carrying out their marriage. They have worries about what will happen in the future. Feelings of worry about taking care of the household, worry about the responsibility to provide for them, fear of infidelity, and feelings of worry about failure in carrying out a good marriage relationship. Therefore, it is also important for someone who is living a married life to be able to have good self-efficacy in facing their marriage. Self-efficacy can provide a way for people to achieve a sense of security and avoid feelings of anxiety in facing life's problems. So that when faced with a dilemma or conflict, individuals will use considerations based on religious values (Tahaha & Rustan, 2017). Self-efficacy in domestic life plays a very important role, because efficacy in the household means a person's ability to face demands according to the situation and conditions (Asriani, 2020).

RESEARCH METHODS

This research uses a quantitative approach with a correlational research design. Correlational research is used to investigate variations in one variable that are related to variations in one or more other variables based on the correlation coefficient (Azwar, 2010). The sample in this study was 140 people or 70 married couples obtained using the Slovin formula. The data collection method used in this research is a psychological scale by distributing questionnaires to research respondents. The data collection instruments in this study were a self-efficacy scale and an anxiety symptom scale. The item scaling model in this research uses a Likert scale.

The scale measurement aims to find out how self-efficacy a married couple has in facing marriage. The anxiety symptom scale that will be used is a scale modified by the author by referring to the scale in previous research, namely the

anxiety scale for single women (Amanda, 2020). The statement instrument in this research was adapted based on the anxiety aspects proposed by Nevid, Rathus & Greene (2005) which consist of three aspects, namely: physical symptoms, behavioral symptoms, and cognitive symptoms. The scale measurement aims to find out how worried husband and wife are in facing marriage. This research uses correlation coefficient data analysis using the Pearson product-moment correlation calculation technique.

RESEARCH RESULTS AND DISCUSSION

This research was conducted to determine whether there is a significant relationship between self-efficacy variables and anxiety symptoms in married couples facing marriage in Tanah Garam Village, Solok City. To find out the results of the hypothesis in this research, research questionnaires were distributed to research subjects. The research results obtained after data processing showed that there was a significant relationship between the self-efficacy variable and the anxiety symptom variable. This can be seen based on the results of the Pearson correlation analysis which shows that the Pearson correlation value between the self-efficacy variable and the anxiety symptom variable is -0.652 ($p > 0.166$), which means that there is a relationship between the self-efficacy variable and the anxiety symptom variable with a strong degree of correlation between both variables and in the form of a negative relationship, namely the higher the self-efficacy of a husband and wife, the lower the symptoms of anxiety in the husband and wife.

The high and low levels of self-efficacy and anxiety symptoms experienced by married couples can be seen through the scores obtained on the self-efficacy scale and anxiety symptom scale. Symptoms of anxiety in married couples are associated with self-efficacy due to factors that can influence such as differences in age, educational history, and type of work. The research results according to the age category of married couples consisted of ages 21-34 years and the subjects in this study were mostly 26 years old, which is the ideal age for someone to get married. A person who has entered early adulthood is usually in the secure attachment phase where a person has a well-integrated sense of self-acceptance, self-esteem and self-efficacy so that in this phase a person already has the maturity to undergo marriage (Santrock, 2011).

Variable Categorization

Categorization of Self-Efficacy Variables

Categorization at the level of self-efficacy shows that empirical data from the self-efficacy of married couples in facing marriage in Tanah Garam Village, Solok City, can be categorized based on the ideal mean for the reason of balancing the research subjects which consist of three categories, namely low, medium and high. The following are the categorization results based on the self-efficacy scale:

Table 1. Categorization Results Based on the Self-Efficacy Scale

Score	Total	Categorization	Percentage
X< 70	3	Rendah	2,1%
70 ≤ X < 110	77	Sedang	55%
110 ≤ X	60	Tinggi	42,9%

Based on table 1, it was found that out of 140 research subjects, 3 people had a low level of self-efficacy with a percentage of 2.1%, 77 people had a medium level of self-efficacy with a percentage of 55% and 60 people had a high level of self-efficacy with a percentage of 42. 9%. From the percentage of self-efficacy in the table, it shows that married couples in Tanah Garam Village, Solok City have self-efficacy which is categorized as moderate.

Categorization of Anxiety Symptom Variables

Categorization for the level of anxiety symptoms in married couples facing marriage in Tanah Garam Sota Subdistrict, Solok, is categorized based on the ideal mean for the reason of balancing the subjects which are divided into three, namely: low, medium, high. The following are the categorization results based on the anxiety symptom scale:

Tabel 2. Categorization Results Based on the Anxiety Symptom Scale

Score	Total	Categorization	Percentage
X< 68	9	Rendah	6,4%
68 ≤ X < 106	131	Sedang	93,6%
106 ≤ X	-	Tinggi	-

Based on table 2, it was found that out of 140 research subjects, 9 people had low anxiety symptoms with a percentage of 6.4%, 131 people had moderate anxiety symptoms with a percentage of 93.6% and no research subjects were found who had high self-efficacy. From the percentage of anxiety symptoms in the table, it shows that married couples in Tanah Garam Village, Solok City have a moderate level of anxiety symptoms.

Hypothesis Test Results

Hypothesis testing in this research uses the Product Moment correlation technique. This technique is used to see how the independent variable influences the dependent variable using simple regression analysis. In conducting hypothesis testing the author used the SPSS 22.0 for Windows measuring tool. The hypothesis test values on the instrument are as follows:

Tabel 3. Hypothesis Test Results

Correlations

		EFIKASI DIRI	GEJALA KECEMASAN
SELF EFFICACY	Pearson Correlation	1	-,652**
	Sig. (2-tailed)		,000
	N	140	140
ANXIETY SYMPTOMS	Pearson Correlation	-,652**	1
	Sig. (2-tailed)	,000	
	N	140	140

**. Correlation is significant at the 0.01 level (2-tailed).

Based on the analysis of the results of hypothesis testing in table 3, it shows that the Pearson correlation value between the self-efficacy variable and anxiety symptoms is -0.652 and the significance value is 0.000 (p value 0.00 <0.05), which means the significance level between the two variables shows that there is correlation between self-efficacy and anxiety symptoms. Based on the results of calculating the correlation coefficient with a coefficient of -0.652, the calculated r value is obtained, and the table r value is 0.166. If r count > r table, then H0 is rejected, Ha is accepted. Conversely, if r count < r table then H0 is accepted and Ha is rejected. So it can be concluded that r count > r table, namely (-0.652 > 0.166), so there is a correlation relationship with a strong degree of correlation between self-efficacy and anxiety symptoms and the form of the relationship is negative. This means that the higher a person's self-efficacy value, the lower the value of a person's anxiety symptoms in facing marriage.

The results showed that the majority of research subjects had good self-efficacy with low levels of anxiety symptoms. A person's self-confidence in facing marriage has an important influence on increasing self-efficacy, reducing symptoms of anxiety, and increasing the confidence of married couples in making a decision to take action in facing marriage. Good self-efficacy can help motivate someone to face pressure that will have an impact on a person's quality of life. Self-efficacy has an important role in overcoming symptoms of anxiety in married couples facing marriage. A person's confidence in their ability to overcome problems can influence the stress and worry that young married couples may experience in carrying out their marriage (Amanda, 2020). Symptoms of anxiety in facing marriage are feelings of worry felt by married couples in carrying out their marriage because the picture of the marriage journey that will occur in the future is not yet clear. To reduce the level of anxiety symptoms experienced by married couples, it is necessary to have good self-efficacy in married couples in carrying out their marriage.

CONCLUSION

Based on the results of research and analysis in the previous chapter with the problem formulation, it can be concluded that:

1. There is a relationship between self-efficacy and symptoms of anxiety in married couples facing marriage, with a correlation value in the form of a negative relationship of -0.652, which means that if a married couple has high self-efficacy, the level of anxiety symptoms in married couples facing marriage increases. low. On the other hand, if the level of self-efficacy in a husband and wife is low, then the level of anxiety symptoms in the husband and wife will be higher.
2. The results of the variable category show that the level of self-efficacy of married couples in Tanah Garam Village, Solok City is in the category, namely 77 people have a moderate level of self-efficacy with a percentage of 55% and 60 people have a high level of self-efficacy with a percentage of 42.9%. From the percentage of self-efficacy in the table, it shows that married couples in Tanah Garam Village, Solok City have self-efficacy which is categorized as moderate.
3. The results of the variable category show that the level of anxiety symptoms in married couples in Tanah Garam Village, Solok City is in the category, namely 131 people have moderate anxiety symptoms with a percentage of 93.6%. From the percentage of anxiety symptoms, it shows that married couples in Tanah Garam Village, Solok City have a moderate level of anxiety symptoms.

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