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## Emotional maturity of social support with young couples adjustment in early stages of marriage

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### ABSTRACT

Starting married life is not easy because young couples need to adjust to each other. One of the causes of failure or divorce in marriage is the inability to make self-adjustments properly in young couples. Well-adjusted marriages have lower rates of depression and poorly-adjusted marriages have higher rates of depression. Emotional maturity and social support of young couples are important factors that influence the adjustment of young couples in early marriage. This study is to see how emotional maturity, social support and adjustment of young couples with a sample of 120 people consisting of 60 men and 60 women obtained by purposive sampling technique. Data were taken by distributing instruments of emotional maturity, social support and self-adjustment with a total of 136 statement items. The results were obtained by looking at the percentage value, correlation coefficient and significance value between variables and the results of emotional maturity are in the high category with an R value of 42.5% then the Sig value. (2-tailed) of  $0.000 < 0.05$  ( $\alpha$ ) so that it is stated to have a significant relationship. Then social support is in the medium category with an R value of 29.8% and a Sig value. (2-tailed) of  $0.000 < 0.05$  ( $\alpha$ ) so that it is stated to have a significant relationship. Then self-adjustment is in the high category with an R value of 48.1% and a probability value (Sig. F Change) of  $0.000 < 0.05$  ( $\alpha$ ) which means that emotional maturity and social support have a significant and positive relationship with the adjustment of young couples in early marriage.



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### Introduction

Marriage is one of the stages that must be taken to build a family (Yendi, Ardi & Ifdil, 2013). Marriage is also a long-term relationship that requires commitment and seriousness (Pinaima & Sumintardja, 2016). Happiness is an expected goal of a marriage (Erlamsyah, & Prayitno, 2002). Happiness is defined as something that makes a pleasant experience in the form of feelings of pleasure, peace, prosperity, life satisfaction and the absence of feelings of stress (Pontoh & Farid, 2015). So it can be concluded that marriage is the first step in domestic life where readiness and commitment are needed in establishing relationships between couples that aim to achieve a peaceful and happy household. Rumondor (2011) explained that the early period of marriage is a period full of adjustment. Adjustments in the first and second years of marriage sometimes trigger the failure to achieve the goal of marriage to build a harmonious family (Hurlock, 2002). The failure was triggered by problems related to adjustment between partners, (Iskandarsyah, A., de Klerk, C., Suardi, DR, Soemitro,

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MP, Sadarjoen, SS, & Passchier, 2014) states that problems that occur in marriage have a significant effect or influence on the relationship of the two partners. Problems that arise in the household are caused by several factors, namely: third parties or infidelity, domestic violence (KDRT), continuous disputes or quarrels and economic factors (Dalvi & Hermaleni, 2021).

According to data from the United Nations and other sources, the country with the highest divorce rate in the world in 2020 is the Maldives or Maldives, which recorded 2,984 divorces in 540,544 population (Cnbcindonesia, 2020). The West Sumatra Statistics Center (BPS) recorded that divorced couples in 19 districts and cities in 2020 amounted to 8,386 cases, the most divorces occurred in the city of Padang with a number of 1,277, Pariaman with a number of 914 and Fifty Cities with a total of 676. -West Sumatra Province is due to the constant quarrels between husband and wife with a total of 6,667. While the Central Statistics Agency (BPS) of Padang City recorded the number of divorces in 2020 in 11 sub-districts in the city of Padang reaching 1,277 cases. The causes of the divorce are moral attitudes, one of the spouses dies, disputes and others. The most common cause of divorce is due to disputes between husband and wife with a total of 962.

Emotional maturity and social support are very important in helping a young couple live their married life. Chaplin (2008) defines emotional maturity as a state or condition of reaching a maturity level of emotional development. Someone who is emotionally mature, can control his emotions, can think carefully, think well, think objectively (Walgitto, 2004). So, when young couples are able to control their emotions well, when problems occur in marriage, they will be able to make good decisions as well. In addition to emotional maturity, social support is also very helpful for young couples in adjusting themselves in marriage. Social support consists of verbal, non-verbal information or advice, tangible or visible assistance, provided by people who are familiar with the subject in their social environment (Taylor, Kim & Sherman, 2008). Social support can also be interpreted as the presence of other people who can be relied on for help, encouragement and acceptance when individuals experience difficulties (Saragi et al., 2016). So in this case emotional maturity and social support are very important for young couples in running a household in order to achieve the goal of marriage, namely happiness.

The phenomenon found reveals that many divorces occur because there are still husbands and wives or young couples who have not been able to adjust well in marriage. Furthermore, often married couples when facing problems are too concerned with their own ego, then are unable to make the right decisions in solving problems. The existence of an attitude of egocentrism in the family can cause disharmony between husband and wife where between family members there is no sense of mutual understanding, affection and mutual respect between husband and wife (Sari, Yusri & Sukmawati, 2015). Lack of social support from the immediate environment will also have an impact on poor adjustment, so that with emotional maturity, social support and adjustment, young couples should be able to learn to position themselves with differences and different backgrounds.

## Method

This study uses a quantitative approach with descriptive and correlational methods which aims to describe emotional maturity, social support and adjustment of young couples at the beginning of marriage and find out how big the correlation between the three variables is, with a total sample of 120 people obtained through purposive sampling technique. The characteristics of the sample in this study were young couples aged at least 19 years and max 24 years with a marriage age of 3 years, whose marriage events were recorded at the Office of Religious Affairs (KUA) North Padang, West Padang, and Koto Tangah. Data were collected using instruments of emotional maturity, social support and adjustment using a Likert scale with 5 alternative answers, Always (SL), Often (SR), Sometimes (KD), Rarely (JR) and Never (TP) with a total of 136 items. Data collection is done directly by meeting young couples. Furthermore, the data were analyzed using the percentage formula, simple regression and multiple regression with the help of the SPSS version 20.00 application.

## Results and Discussions

The results of instrument data analysis carried out with quantitative data processing can be explained in the following Table 1.

The table above shows the total number of research samples as many as 120 people consisting of 60 husbands and 60 wives. The majority of respondents were in the high category of emotional maturity, namely 45%, the rest were in the medium category, namely 28.3%, very high at 14.2%, low 10% and very low 2.5%. This means that young couples are able to provide mature emotional responses and are able to control and

control their emotions when facing a problem in the household, thus showing a readiness to act and make good decisions. Emotional maturity is an important aspect to maintain a marriage, because in a harmonious marriage it is more or less influenced by the emotional maturity of both parties, namely husband and wife (Saraswati & Sugiasih, 2020), so that with this emotional maturity young couples can resolve conflicts effectively (ER Princess & Sofia, 2021).

Table 1 &lt;Distribution of Frequency and Percentage of Emotional Maturity&gt;

Category	Interval	f	%
Very High (ST)	143-158	17	14.2
High (T)	127-142	58	45
Medium (S)	111-126	35	28.3
Low (R)	95-110	12	10
Very Low (SR)	79-94	3	2.5
Total		120	100

Table 2 &lt;Frequency Distribution of Husband's Emotional Maturity Percentage&gt;

Category	Interval	%	f
Very High (ST)	143-158	7	11.7
Height (T)	127-143	26	43.3
Medium (S)	111-126	19	31.7
Low (R)	95-110	6	10
Very Low (SR)	79-94	2	3.3
Total		60	100

Table 3 &lt;Frequency Distribution of Husband's Emotional Maturity Percentage&gt;

Category	Interval	f	%
Very High (ST)	139-153	13	21.7
Height (T)	124-138	32	53.3
Medium (S)	109-123	8	13.3
Low (R)	94-108	6	10
Very Low (SR)	79-93	1	1.7
Total		60	100

The table above shows a sample of 60 husbands and 60 wives. The majority of husband respondents tend to be in the high category, namely 26 people or 43.3%, the rest are in the medium category, namely 31.7%, the very high category is 11.7%, the low is 10%, and the very low is 3.3%. While the majority of respondents' wives tend to have high emotional maturity, namely 32 people or 53.3%, the rest are in the very high category, namely 21.7%, then in the medium category, namely 13.3%, the low category is 10%, very low 7%.

Table 4 &lt;Description of Emotional Maturity for Each Aspect&gt;

Aspect	JK	Category %				
		ST	T	S	R	SR
Giving and receiving love	L	48.3	25	18.3	5	3.3
	P	35	38.3	22	3.3	2
Emotional control	L	16.7	40	36.7	0	6.7
	P	20	33.3	33.3	10	3.3
Frustration tolerance	L	11.7	35	26.7	15	11.7
	P	18.3	33.3	33.3	11.7	3.3
Ability to handle tension	L	10	23	48.3	13	5
	P	15	28	45	10	1.7

The table above describes the emotional maturity of men and women. The emotional maturity of men in the aspect of giving and receiving love is in the very high category with a percentage of 48.3%, the aspect of emotional control is in the very high category 40%, the aspect of tolerance for frustration is in the high category of 35%, and in the aspect of the ability to cope with tension as well. in the medium category that is 48.3%. Furthermore, the emotional maturity of women in the aspect of giving and receiving love is in the high category of 38.3%, the aspect of emotional control is in the high category of 33.3%, the aspect of tolerance for frustration is in the high category of 33.3%, and the aspect of the ability to cope with tension is in the high category. medium category 45%. While the results of the simple regression can be seen as follows.

Table 5 &lt;Results of Simple Linear Regression Analysis of Emotional Maturity (X1) on Self-Adjustment (Y) &gt;

Variable	R	R Square	Sig. (2-tailed)
X1-Y	0.425	0.180	0.000

Based on the output of the simple regression results above, it is known that the R value is 42.5% with a significance level of 0.000 which is smaller than 0.05, which means there is a significant relationship. These findings indicate that emotional maturity has a significant relationship with young couples' adjustment. In line with opinion (Putri & Taufik, 2017) describes a person who is emotionally mature will be able to adjust himself wherever he is. Affection, liking, and love as positive emotions will develop for the better which allows individuals to adjust well in their environment (Nurhikmah et al., 2021). In line with research (Lybertha, 2016) which states that there is a positive and significant relationship between emotional maturity and the perception of marriage that the higher the emotional maturity, the more positive the perception of marriage. So it can be concluded that couples who have mature emotions will be able to manage marriage, face life changes and adjust themselves in marriage.

Table 6. Distribution of Frequency and Percentage of Social Support&gt;

Category	Interval	f	%
Very High (ST)	159-181	9	7.5
Height (T)	136-158	36	30
Medium (S)	113-135	68	56.7
Low (R)	90-112	5	4.2
Very Low (SR)	67-89	2	1.6
<b>Amount</b>		<b>120</b>	<b>100</b>

Table 6 shows the total number of research samples as many as 120 people consisting of 60 husbands and 60 wives. The majority of social support respondents are in the moderate category with a total frequency of 68 or 56.7%, the rest are in the high category, namely 30%, then in the very high category, namely 7.5%, then in the low category, namely 4.2% and very low 1.6. More details can be seen in the table below.

Table 7 &lt;Distribution of Frequency and Percentage of Husband's Social Support&gt;

Category	Interval	f	%
Very High (ST)	159-181	8	13.3
Height (T)	136-158	11	18.3
Medium (S)	113-135	38	63.4
Low (R)	90-112	3	5
Very Low (SR)	67-89	0	0
<b>Amount</b>		<b>60</b>	<b>100</b>

Table 8 &lt;Distribution of Frequency and Percentage of Wife's Social Support&gt;

Category	Interval	f	%
Very High (ST)	140-158	20	33.4
Height (T)	121-139	34	56.7
Medium (S)	102-120	2	3.3
Low (R)	83-101	2	3.3
Very Low (SR)	64-82	2	3.3
<b>Amount</b>		<b>60</b>	<b>100</b>

The table above shows the number of husband respondents as many as 60 people and the majority of wives 60 people. The majority of men tend to have moderate social support, namely 63.4%, the rest are in the high category of 18.3%, very high 13.3%, low 5%. Furthermore, the majority of wives tend to have high social support, namely: 56.7%, the rest chose 33.4% in the very high category, moderate with a percentage of 3.3%, in the low category 3.3% and in the very low category, namely 3.3%. Social support from family and friends, especially in the form of emotional, has a very significant relationship with job satisfaction, boredom, and depression (Apollo & Cahyadi, 2012). So in this case young couples need social support in carrying out the household.

The table above describes the social support of men and women. Male social support in the concrete support aspect is in the medium category 31.7%, the emotional support aspect is in the high category with a percentage of 31.7%, the award support aspect is in the high category 42%, and the award support aspect is 45%. Furthermore, women's social support for informational support is in the high category, namely 55%, for

award support is in the high category of 48.3%, emotional support is in the high category with a percentage of 42%, and concrete support is in the high category of 36.7%. . While the results of the simple regression can be seen in the following table.

Table 9 <Distribution of Frequency and Percentage of Social Support for Each Aspect>

Aspect	JK	ST	T	Category		
				S	R	SR
Concrete support	L	13	21.7	31.7	30	3
		15	36.7	35	8.3	5
Emotional Support	L	16.7	23	31.7	26.7	2
		12	38	42	3	5
Informative Support	L	6.7	16.7	26.7	31.7	18
		10	55	26.7	5	3.3
Award Support	L	11.7	16.7	45	25	1.7
		11.7	48.3	30	6.7	3.3

Table 10 <Results of Simple Linear Regression Analysis of Social Support (X2) on Self-Adjustment (Y)>

Variable	R	R Square	Sig. (2-tailed)
X2-Y	0.298	0.89	0.000

Based on the output of the simple regression results above, it is known that the R value is 29.8% with a significance level of 0.000 which is smaller than 0.05, which means there is a significant relationship. These findings indicate that social support has a significant relationship with young couples' self-adjustment. From these results it is known that the more support given by the parents and friends of the young couple, the better the adjustment of the young couple will be. In line with opinion (Calabiano & Sarafino, 2002) explains that individuals who get social support will feel confident that they are loved, worthy, and feel themselves a part of their social environment. Pratiwi (2016) revealed that there is a positive relationship

Between social support and adjustment of husband and wife in marriage. With this social support, the couple will be able to carry out positive things in their domestic life so that they can adjust themselves in the household.

Table 11 <Distribution of Frequency and Percentage of Adjustment>

Category	Interval	f	%
Very High (ST)	142-153	19	15.9
Height (T)	130-141	45	37.5
Medium (S)	118-129	33	27.5
Low (R)	106-117	18	15
Very Low (SR)	94-105	5	4.1
Total		120	100

The table above shows the total number of research samples as many as 120 people consisting of 60 husbands and 60 wives. The majority of self-adjustment respondents were in the high category, namely 37.5%, the rest were in the moderate category, namely 27.5%, then in the very high category, namely 15.9%, low at 15%, very low at 4.1%. More details can be seen in the table below.

Table 12 <Distribution of Frequency and Percentage of Husband's Adjustment>

Category	Interval	f	%
Very High (ST)	142-153	13	22
Height (T)	130-141	14	23
Medium (S)	118-129	19	32
Low (R)	106-117	11	18
Very Low (SR)	93-105	3	5
Total		60	100

The table about the entire research sample is as many as 60 husbands and 60 wives. The majority of husband respondents tended to adjust to being in the medium category with a percentage of 32%, the rest were in the high category, namely 23%, very high at 22%, in the low category, namely 18% and the very low category 5%. Furthermore, the majority of respondents' wives tend to have self-adjustment in the high category with a percentage of 35%, the rest are in the medium category 25%, very high category 28.3%, low 8.4% and very low 3.3%.

Table 13 &lt;Frequency Distribution and Percentage of Wife's Adjustment&gt;

Category	Interval	f	%
Very High (ST)	138-148	17	28.3
Height (T)	127-137	21	35
Medium (S)	116-126	15	25
Low (R)	105-115	5	8.4
Very Low (SR)	93-104	2	3.3
Total		60	100

Table 14 &lt;Distribution of Frequency and Percentage of Adjustment of Each Aspect&gt;

Aspect	JK	Category %				
		ST	T	S	R	SR
Ability to control emotions	L	10	31.7	33.3	20	5
	P	11.7	15	45	20	8.3
There is no psychological mechanism	L	23.3	28.3	45	1.7	1.7
	P	8.3	25	45	18.3	3.3
Minimal personal frustration	L	6.7	30	33.3	20	15
	P	10	33.3	40	11.7	5

The table above describes the adjustment of young couples at the beginning of marriage. Adjustment in men at the beginning of marriage is seen in the aspect of personal frustration which is at least in the moderate category, which is 33.3%, aspects of the ability to be rational and the ability to direct oneself in the low category of 50%, the ability to learn and use the past in the medium category 36.7%, there is no psychological mechanism in the moderate category of 45%, and being realistic and objective in the medium category is 31.7%, the ability to control emotions is in the moderate category 33.3%. Furthermore, the highest aspect of self-adjustment in women is in the aspect of the ability to learn and the use of the past, namely 45%, the rest are in the medium category, namely the aspect of no psychological mechanism with a percentage of 45%, the ability to control emotions 45%, aspects of personal frustration which are at least 40%, being rational and self-directing skills are 38.3%, aspects of realistic and objective attitudes are 38.4%. While the results of multiple regression analysis can be seen as follows.

Table 15 &lt;Results of the Significance Test for Multiple Regression Emotional Maturity (X1) and social support (X2) on Self Adjustment (Y)&gt;

Variable	R	R Square	Sig. F Change
X <sub>1</sub> X <sub>2</sub> -Y	0.481	0.231	0.000

Based on the output of the multiple regression results above, it is known that the R value is 48.1% with a significance level of 0.000 which is smaller than 0.05, which means there is a significant relationship. These findings indicate that emotional maturity and social support have a significant relationship with young couples' self-adjustment. This means that the high or low adjustment of couples in marriage is not only influenced by one variable (emotional maturity or social support), but is jointly influenced by emotional maturity and social support. This means that the increasing adjustment of the couple in marriage is in line with the increasing emotional maturity and social support of the couple in marriage.

Fitroh (2011) Self-adjustment is a dynamic process that aims to change individual behavior so that there is a more appropriate relationship between the individual and his environment. Adjustment as a process that accompanies life is also inseparable from the experience gained from the people around him, including support from the closest people (Rahma, 2011). Several factors affect individual adjustment, namely physical conditions, development and maturity, psychological conditions, environmental factors, and culture (Crow & Crow, 2014). Emotional maturity is absolutely necessary in the efforts of young couples to maintain marriage in family harmony (ER Princess & Sofia, 2021) In addition, social support factors also help young couples in the adjustment process. Social support received can make individuals feel calm, cared for, then self-confident and competent (Pratiwi, 2016). So that this can motivate couples to be able to manage emotions or reduce tension and reduce anxiety due to stress due to problems in marriage, so that couples are ready to face life changes and are able to adjust themselves in marriage.

The implementation of this research has been carried out carefully based on methods and procedures that are in accordance with this type of research, but the perfection of the results is not an easy thing to achieve. The researcher realizes that this research cannot be separated from the limitations and weaknesses that cannot be avoided, including: *First* The number of samples in this study was taken only from several KUA in the city

of Padang, namely, KUA Padang Barat, KUA Padang Utara, and KUA Koto Tangah. Therefore, there is a need for further research that uses more research samples and in a relatively longer period of time. Second, data collection in this study directly met young couples by providing instruments through data obtained from the KUA where the research was conducted so that it became a challenge for researchers to distribute the research instruments that had been prepared. It also takes a relatively long time. Third, the discussion in this study is very broad in which there are other variables related to the adjustment of couples in marriage. With these limitations, the researcher hopes that there will be constructive input from the readers. This research can be used as a basis for further research with a better theoretical study, so that it can be used as reference material in the implementation of guidance and counseling services in general, especially those related to the adjustment of young couples in marriage.

## Conclusions

Based on the results of the research above, it can increase the high level of emotional increase of young couples, which means that young couples are able to control their emotions when dealing with situations that occur in their household and then develop a significant relationship with the adjustment of young couples at the beginning of marriage, 42.5 % means that the good or bad adjustment of young couples can be seen from the level of emotional maturity, while the social support of young couples as a whole reaches a moderate level, which means that social support has not been fully received by young couples from parents, friends and the community environment such as help, comfort, attention, appreciation or assistance when experiencing problems in the household. Social support has a significant relationship with the adjustment of young couples by 29.8%, which means that the adjustment of young couples will be good, inseparable from the support of their closest people. Furthermore, together, emotional maturity and social support have a significant relationship of 48.1% and the average adjustment of young couples is at a high level, which means that young couples are able to interact appropriately according to reality, situations and social relationships. so that the requirements to get a decent and satisfying social life have been met. This adjustment helps the young couple in creating a harmonious relationship between themselves and their environment.

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