

ABSTRAK

Hubungan *Marital Communication Satisfaction* dan Resiliensi Keluarga yang Berada pada Tahap Perkembangan *Transition to Parenthood* Berdasarkan Perspektif Istri serta Tinjauannya dalam Islam

Keluarga yang berada pada tahap perkembangan *transition to parenthood* mengalami berbagai tantangan maupun tekanan. Tekanan yang terjadi pada *transition to parenthood* berdampak pada kesejahteraan ibu, relasi antar pasutri dan pengasuhan yang negatif pada anak. Untuk itu, orangtua perlu menciptakan *marital communication* yang baik agar dapat menyesuaikan peran dan tanggung jawabnya. Adanya *marital communication* yang baik mengindikasikan salah satu ciri-ciri dari keluarga yang resilien. Tujuan penelitian ini untuk mengetahui hubungan antara *marital communication satisfaction* dan resiliensi keluarga yang berada pada tahap perkembangan *transition to parenthood* berdasarkan perspektif istri. Partisipan dalam penelitian berjumlah 146 seorang ibu yang hanya mempunyai anak pertama usia 0-3 tahun di DKI Jakarta. Teknik pengambilan sampel menggunakan teknik *accidental sampling* dan *snowball sampling*. Instrumen pada penelitian ini menggunakan *Couple Communication Satisfaction Scale (CCSS)* ($\alpha = 0,90$) untuk mengukur *marital communication satisfaction* dan *Walsh Family Resilience Questionnaire (WFRQ)* ($\alpha = 0,94$) untuk mengukur resiliensi keluarga. Hasil penelitian menunjukkan bahwa adanya hubungan positif yang signifikan antara kedua variabel ($r = 0.77^{***}$, $p < 0.01$) dengan tingkat korelasi yang ditinjau dalam penelitian ini berada pada kategorisasi tinggi. Selain itu, peneliti menemukan adanya persamaan yang ditinjau berdasarkan sudut pandang Psikologi dan Islam bahwa *marital communication satisfaction* berhubungan dengan resiliensi keluarga yang berada pada tahap perkembangan *transition to parenthood* berdasarkan perspektif istri. Hasil penelitian ini mempunyai dampak signifikan yang baik bagi pasutri dikarenakan adanya *marital communication satisfaction* akan menciptakan resiliensi keluarga yang dapat mempererat hubungan antar anggota keluarga sehingga keluarga akan lebih harmonis.

Kata kunci: *Marital Communication Satisfaction*; Perspektif Ibu; Resiliensi Keluarga; *Transition to Parenthood*.

ABSTRACT

The Relation of Marriage Communication Satisfaction and Family Resilience At Transition to Parenthood Development Stage Based on Wife's Perspective in Islamic Review

*Families who are in the transition to parenthood stage of development experience various challenges and pressures. The pressure that occurs in the transition to parenthood has an impact on the welfare of the mother, the relationship between spouses and negative parenting of the child. For this reason, parents need to create good marital communication so that they can adjust their roles and responsibilities. The existence of good marital communication indicates one of the characteristics of a resilient family. The purpose of this study was to determine the relationship between marital communication satisfaction and family resilience who are at the stage of transition to parenthood development based on the wife's perspective. Participants in the study were 146 mothers who only had their first child aged 0-3 years in DKI Jakarta. The sampling technique used was accidental sampling and snowball sampling. The instrument in this study used the Couple Communication Satisfaction Scale (CCSS) ($\alpha = 0.90$) to measure marital communication satisfaction and the Walsh Family Resilience Questionnaire (WFRQ) ($\alpha = 0.94$) to measure family resilience. The results showed that there was a significant positive relationship between the two variables ($r = 0.77^{***}$, $p < 0.01$) with the correlation level reviewed in this study being in high categorization. In addition, the researchers found that there are similarities that are reviewed from the perspective of Psychology and Islam that marital communication satisfaction is related to the resilience of families who are at the stage of transition to parenthood development based on the wife's perspective. The results of this study have a good significant impact for couples because marital communication satisfaction will create family resilience that can strengthen relationships between family members so that families will be more harmonious.*

Keywords: Family Resilience; Marital Communication Satisfaction; Mother's Perspective; Transition to Parenthood.