



Emotional Resilience: Exploring Emotional Regulation in Widows of Forced Marriages

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ABSTRACT

The purpose of this study was to determine the emotional regulation experienced by widows who have experienced forced marriage. This study involved 3 participants. Participant 1 was 22 years old, participant 2 was 21 years old, and participant 3 was 19 years old. Extracting data on research participants using semi-structured interviews. This study uses an Interpretative Phenomenological Analysis (IPA) approach. The data obtained were then analyzed using 7 steps in IPA, including: 1) Reading and re-reading; 2) Initial noting; 3) Developing emergent themes; 4) Arranging superordinate themes; 5) Proceed to the next case; 6) Look for patterns between cases; and 7) Arrangement of all superordinate themes. Themes that have similarities between research participants are then used to explain the experience and meaning of emotional regulation for widows who have experienced forced marriage. The results of this study indicate that a widow who has experienced forced marriage is able to regulate emotions by several processes, namely involving someone in taking an action or avoiding a situation to get something that is desired. Changing situations and diverting attention from unpleasant situations which aims to reduce the influence of emotions that arise.

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Introduction

Marriage is an inner and outer bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family or household based on Belief in One Almighty God (Law No. 1 of 1974 Article 1). Islamic marriage law also states that marriage is a sacred and strong agreement to legally live together between a man and a woman to form an eternal, polite, compassionate, peaceful and happy family (Ramulyo in Addurrofiq, 2010).

In marriage, there are two terms of marriage, namely marriage based on the choice made by the child and the choice of a spouse by the parents which is called matchmaking (Mappiare, 2003). Matchmaking by parents is indirectly a forced marriage because there is no desire from their children. Forced marriage is an aberration and violence against children, where one form of violence against children is forced arranged marriages (Addurrofiq, 2010) which usually ends in forced marriages.

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In Madura, the phenomenon of forced marriage still occurs because it has become a tradition and culture of the Madurese people to marry off their daughters. In certain areas in Madura there is even a tradition of matching their children from the age of toddlers and when the baby is still in the womb. Matchmaking is done by fellow brothers or relatives or close neighbors. Apart from the goal so that the inheritance does not fall into the hands of other people, such a tradition still exists even though the education level of the younger generation of Madura in the present era has reached a somewhat better level compared to the previous generation (Sa'dan, 2015).

In general, marriages based on love and affection and forced marriages are both inseparable from problems. Forced marriage is a marriage that is not based on love and affection and there is misunderstanding between husband and wife. This will make the husband and wife unable to adapt properly and trigger problems. Several problems will arise, namely the lack of compatibility between partners, there are always disputes, and there is no good communication between husband and wife. According to Robbin and Judge (in Sari, 2017) communication can be a source of conflict. Too much or too little communication can be the basis for conflict. This problem will be sustainable and can even lead to divorce if no solution is found in handling it. Matondang (2014) explains that divorce is the end of a marriage, when the two partners do not want to continue their married life, they can ask the government to separate. Divorce is something that no one wants in a household. Everyone wants to live happily with their partner.

Data from the Central Bureau of Statistics (bps.go.id) shows the number of divorces that occurred in four districts on Madura Island as follows: Sumenep Regency reached 1,964 cases, Pamekasan Regency reached 1,373 cases, Sampang Regency reached 1,238 cases and Bangkalan Regency reached 1,516 case. Based on these data the highest divorce rate occurred in Sumenep Regency; the second occurred in Bangkalan Regency; third in Pamekasan Regency and finally in Sampang Regency. In this case Bangkalan Regency occupies a crucial position for conducting research related to divorce.

Regardless of this data, Nura'eni (2009) stated that divorce will have an impact on the perpetrators, especially women, to be ready for all the changes that occur when they have changed their status from having a husband to being single or widowed due to divorce. There are many impacts caused by divorce, namely on oneself and the environment. The environment has an influence on the existence of a widow, namely a bad image that often gives a negative view of the widow. This was emphasized again by Imron (2012) who argued that the title of widow in society is still considered an odd label, especially if the status of a widow is obtained not because of the death of her spouse but because of a divorce from her partner and in the case of women who are widows often have a bad image, though the blame for the divorce doesn't always fall on her.

Divorce will cause various problems that are very complex and have an impact on the daily activities of a widow. A widow will have a heavier burden and must carry it alone. Widows must be able to adjust to an environment without a husband. This will make the widow experience changes in lifestyle and habits that affect her psychological condition, such as stress. Rasmun (in Humairah, 2016) states that stress is a non-specific body response to any disturbed bodily needs, a universal phenomenon that occurs in everyday life and cannot be avoided, everyone experiences it. Stress can be; emotional stress, intellectual stress and social stress. Emotional stress can lead to negative or destructive feelings toward self and others. Intellectual stress will interfere with one's perception and ability to solve problems, social stress will interfere with the individual's relationship to life.

Apart from stress, another impact is emotional disturbance. Widows who have a sense of love and want to live happily with their partner will experience great disappointment because they are unable to make it happen. This was confirmed by Mitchell (in Nur'aeni & Dwiyaniti, 2009) that a woman after a divorce and becoming a widow will feel trauma, regret, disappointment, hurt, loneliness, anger, sadness, loss and various other bad feelings. Loneliness is caused because there is no longer a place to share

stories, a place to pour out and receive forms of affection. Humairah (2016) states that husband and wife divorce sometimes causes trauma for the couple themselves. Household failures become bad memories and sometimes prevent a person from re-marrying someone else.

This is not easy to do, it takes readiness for a widow to be able to survive. This readiness must be preceded by a process towards self-acceptance. To achieve self-acceptance, stable emotions are needed in dealing with various problems and demands from the surrounding environment. As explained by Hurlock (1994) that one of the conditional factors that support individual self-acceptance is the absence of severe emotional disturbances and obstacles in the environment. That is, a widow needs to control her emotions towards the environment even in a state of stress.

Individuals who are able to control their emotions are said to be individuals who have the ability to regulate their emotions. According to Gross (2007) emotion regulation is a process consciously or unconsciously to maintain, strengthen or reduce one or more aspects of emotional response, namely emotional experience and behavior. Someone who has emotional regulation can maintain or increase the emotions feels, both positive and negative.

According to Reivich and Shatte (2002) the expression of positive and negative emotions is constructive and healthy as long as it is done properly. Even the ability to express emotions appropriately is one of the abilities of individuals who are resilient. Two skills that can make it easier for individuals to regulate emotions, namely calming and focusing. These skills will help individuals to control uncontrolled emotions, maintain the focus of individual thoughts when many things are disturbing, and reduce stress experienced by individuals, in this case widows who have experienced forced marriages.

When divorced by her husband, the widow is expected to be able to manage negative emotions such as sadness, disappointment, frustration or anger. The family plays an important role, especially parents who must always provide support to widows who experience forced marriages, so that they still feel that they have friends other than their future spouses. Emotion regulation can occur in different processes for each individual which will certainly end with different behavioral responses (Hendriana in Farida 2016). This is what later became the background for researchers interested in researching this phenomenon, where the aim of the research was to find out how this emotion regulation can occur and what efforts have been made to have the ability to regulate emotions, especially for widows who have experienced forced marriages.

Method

Research approach

This study uses a phenomenological qualitative approach. According to Kahija (2017) phenomenological research is a reflective study of participants' subjective experiences. The type of approach used in this research is an Interpretative Phenomenological Analysis (IPA) approach. According to Smith and Osborn (2007) this approach aims to reveal in detail how participants make sense of their personal and social worlds. The main target is the meaning of the various experiences, events, statuses owned by the participants and tries to explore personal experiences and emphasize one's personal perceptions or opinions about objects or events. The focus of this research is to understand the experience of a widowed woman in regulating her emotions.

Research participants

The selection of research participants used a purposive sampling technique in which this technique used sample determination with certain considerations (Sugiyono, 2014). The criteria for participants in this study were (1) Participants experienced forced marriage by their parents; (2) Participants are widows

divorced by their husbands; (3) Participants aged 20-40 years; (4) Has a marriageable age ranging from 0-5 years; and (5) Experiencing a talaq divorce.

Data collection technique

Data collection in this study used a semi-structured interview technique, namely interviews that were sufficiently in-depth because there was a combination of interviews guided by the questions that had been prepared and questions that were broader and more in-depth by ignoring existing guidelines (Balgies, 2012). There were three participants, with the initials MU, TO and NR.

Data analysis technique

Data analysis technique used 7 steps in IPA, including: 1) Reading and re-reading; 2) Initial noting; 3) Developing emergent themes; 4) Arranging superordinate themes; 5) Proceed to the next case; 6) Look for patterns between cases; and 7) Arrangement of all superordinate themes.

Results and Discussion

Based on the results of the analysis that has been carried out, it is found that there are six main themes, namely: (1) Matchmaking which consists of two superordinate themes between participants (the initial story of participants being arranged by their parents and the impact of the arranged marriage); (2) Forced marriage consisting of one superordinate theme between participants, namely forced acceptance; (3) Emotions consisting of two superordinate themes between participants (negative and positive emotions); (4) Conflict consisting of two superordinate themes between participants (interpersonal conflict and intrapersonal conflict); (5) Divorce consisting of one superordinate theme between participants, namely the impact of divorce; and (6) the process of emotion regulation which consists of three superordinate themes between participants (situation selection, situation modification and attention deployment).

Matchmaking

Matchmaking is the process of introducing the opposite sex through intermediaries such as through family, friends or other mediums (Endarmoko, 2006). The concept of matchmaking is basically choosing a mate that works like a market system, this system differs from one society to another, depending on who arranges the transaction and how it is regulated. There is a bargaining process, if the girl is rich, then her family mixes with other families. The girl commands a high price in the matchmaking market (William in Warren, 2001).

MU and TO participants experienced the same matchmaking process, two participants did not know their future husbands. MU was only told to preen and be met with a future husband. MU was told to go to a neighbor's house not far from his house. This was done with the aim of knowing her future husband. Meanwhile, TO is a female student at a boarding school in Bangkalan. TO was asked to go home by both parents on the grounds that there was a family wedding at his house by asking permission from Ms. Kyai to take him home. When he got home he was surprised to see that his engagement ceremony had been held in the evening at his house. TO previously did not know the candidate to be engaged to him. Participant NR had received an arranged marriage by his father and mother. However, at that time NR did not know that her future husband was an adult man. NR thinks that her future husband is the same age as her and even NR also thinks that the man is a person who has a handsome face according to her criteria. However, during the engagement ceremony, NR was surprised because the candidate was a grandfather to him.

The matchmaking process carried out by the parents had its own impact on the participants. The impact of arranged marriages is very diverse. Participants felt a number

of negative emotions such as sadness, despair and even attempted suicide, but in the end each participant still accepted the match made by both parents. This appeared to all three participants.

This is in accordance with the opinion of Warren (2001) which explains that the selection of prospective husband and wife in Indonesia is carried out by parents from both parties. Especially by the ruling family. Selection is made on the basis of considerations of family and heredity factors, the nature of birth, the characteristic traits of girls and their youth, economic factors, traditional norms, economic agreements and several other agreements. In addition, the prospective husband or wife is absolutely not given the authority to make their own choices, even those concerned have just met for the first time when they are side by side together during an official marriage ceremony. The three participants indicated that they could not refuse an arranged marriage by their parents. MU, TO and NR participants must accept the big impact that happens to each other.

Forced marriage

Forced marriage is a marriage that takes place without the desire or consent of either partner. However, the marriage is based on the consent of the guardian, aka forced by the guardian (Zarkasih, 2019). Forced marriage occurs because there is the consent of the guardian which is part of the pillars of marriage. If one of the pillars of marriage is not fulfilled, the marriage cannot be carried out. Based on the results of the study, it was found that compulsion and pity for the parents appeared in the three participants which influenced 3 participants to accept arranged marriages carried out by their parents by marrying according to their choice. The MU participant explained that he was afraid. MU accepted it on condition not to speed up the process of the marriage ceremony.

TO participants also experienced the same thing. TO accepted because he felt sorry for his parents. If TO rejects her future husband, the parents, especially the mother, will get sick and the NR participants choose to obey their parents rather than follow their ego in refusing to marry the future husband. However, NR also had other considerations in accepting the forced marriage. There are three things that underlie NR's acceptance of this, namely: first, NR does not want his parents' illness to recur and it will have an impact on his health. Then make himself regret later. The two NRs got their first proposal from a man. If this is not accepted, it will result in denial. The three NRs are afraid of being ridiculed by people, that she is a woman who likes to choose men, while NR is not beautiful.

Mappiare (2003) explains that partner selection can be grouped into two parts, namely the selection of a spouse by parents and the selection made by children. The middle way of the two ways is the way that most people do, the middle way that still leans towards the first way, usually the parents' choices are informed to their children about personal characteristics that are considered good in the candidates chosen for their children. In this way the child may refuse, but the parents will use all means so that their choice is accepted, by the child voluntarily or forcedly. This proves that the three MU, TO and NR participants are more inclined to the first method with certain considerations.

Emotions

Emotions consist of two, namely negative emotions and positive emotions (Nadhiroh, 2015). Negative emotions are unpleasant frequencies and intensities such as feelings of sadness and are associated with things that are disliked and cause problems that can disturb the people who experience them, and even have an impact on other people and society in general (Watson, 2000). Negative emotions appeared in MU participants who felt anxious, sad and disappointed, and often gave up. MU felt uneasy when she was about to be divorced by her husband. MU does not want to be separated from her husband. But after her husband said she was divorced, she felt restless. In the end, MU was sad and disappointed with her husband's treatment of her like that. The negative emotions experienced by TO participants started from the engagement process

which made TO shocked and cried because he had been betrothed while he was in a state of having a lover. This made TO sad and disappointed because he could not be with his girlfriend. TO was angry with himself and his parents who got him engaged to someone else he didn't choose. After the divorce, TO participants experienced negative emotions, who blamed themselves why they wanted to marry him in the past, and TO even worried that later he could not get a life partner again because of his status. NR participants experienced negative emotions when they were about to marry their future husband. NR participants experienced feelings of sadness when side by side with their husbands at the aisle. However, this was hidden by NR and was not shown to his parents, especially his mother. NR's feelings of sadness broke when his friends came to his wedding.

The emotions that arose in all participants were not only related to negative emotions, but there were positive emotions that arose in the three participants. Positive emotions are the opposite of negative emotions. Positive emotions are emotions that everyone always craves, such as happiness, pleasure, satisfaction and the like (Nadhiroh, 2015). The positive emotion that appeared in MU participants was the feeling of amazement at the time of marriage, for MU it was the first time he felt it. MU felt happiness at the beginning of marriage. MU feels like a princess on the aisle. MU also felt happy when he got married but this was only felt at the altar. MU also got positive emotions when he increased his worship, the impact he experienced was feeling calm. It's the same as TO participants who feel positive emotions in the form of feeling peaceful and calm as well as excited. Positive emotions are obtained when increasing their worship to Allah SWT. TO feels peace within himself. Besides that, TO is passionate about his young age, he can't give up easily.

NR participants experienced positive emotions after divorcing their husbands. She had always wanted divorce when she married her husband because NR refused to have a husband while living with him in the household. Participant NR indicated that she seemed happy because of the divorce from her ex-husband. According to Seligman (in Wijayanti & Nurwianti, 2010) happiness is defined as a positive feeling. Positive feelings or emotions are divided into satisfaction with the past (past emotions) and optimism about the future (future emotions). Positive emotions about the past include emotions such as life satisfaction, relief, and pride. Meanwhile, positive emotions for the future include confidence, optimism, and hope. This was experienced by the three participants in this study.

Conflicts

There are two types of conflict experienced by research participants, namely interpersonal conflict and intrapersonal conflict. Interpersonal conflict is a conflict that has the possibility of appearing more frequently in relation to other individuals (Wijono, 2012). MU experienced her husband's rejection because her husband did not feel comfortable living in her house. In addition, MU quarreled with her husband. This had an impact on MU who thought that she was putting too much pressure on her husband and in the end she gave up and did not maintain her marriage with her husband. TO who did not play his role properly as well as the husband who did not carry out his duties to TO, causing TO to not be able to be with him. Robin and Judge (in Sari, 2017) explain that structure is related to individual roles and tasks related to other people. A well-explained task of each party will lead to a constructive conflict management. Meanwhile, tasks that cannot be explained properly will lead to destructive conflict management. Participant NR was one of the participants who started a conflict with her husband. NR rejected the existence of her husband. This is supported by the way NR treats her husband. This reflects that NR's personality is a tough and assertive person towards her husband. Robin and Judge (in Sari, 2017) explain that the factors that cause conflict are personal variables including personality, emotions and values.

In addition to interpersonal conflict, there is intrapersonal conflict. According to Wijono (2012) the emergence of conflict within the individual (intrapersonal conflict) has a tendency to be related to the goal to be achieved (goal conflict) and conflict in the role played (role conflict). MU's desire to maintain her marriage was not in line with what her husband had done to her. MU seemed to have given up because of her husband's treatment which for her was intolerable. In the end MU decided that he could not defend his marriage again. This conflict is the type that is most closely related to individual emotions to the highest level of anxiety. Conflict can arise from two causes, because of being overloaded (role overloads) or because it is not suitable for someone to carry out the role (person role income capacities) (Ahmadi, 2009). MU felt uneasy because of the treatment of her husband who often told her to divorce. However, this does not apply to NR participants. He even wanted a divorce for his marriage. So she directly told her husband that she refused his existence and wanted to be separated from the relationship. It is her goal to make her husband uncomfortable with her. However, NR could not do it because he thought about his parents if he did that. This is what makes NR have an intrapersonal conflict with what he experienced.

Divorce

The impact of divorce experienced by the participants was different from one another. MU participants are suspected of doing a lot of good deeds by the people around them. This is what makes MU sometimes lazy to leave the house. This is the same as the TO participants who do not dare to leave the house because of slander given by their husbands. TO looked embarrassed to leave the house. TO covered his head with a towel so that his face would not be seen by the people around him. Then participant NR explained that the impact of the divorce was very uncomfortable for him. NR gets a negative stigma by the surrounding community because she is a widow. NR pointed out that he confirmed that he was getting negative comments that were inconsistent with what happened. NR was talked about that he was a person who had too much style, so he was left by his husband. In fact, it was her husband who threw a tantrum by abusing drugs and went to jail. According to Papalia (in Sudarto & Wirawan, 2000) women usually experience some difficulties in carrying out various activities after the divorce. For a woman, changing the status of a wife to a widow, especially due to divorce, is not easy. In addition to intelligence, it also takes a strong personality, self-confidence, and courage to survive (Nurseha in Sudarto & Wirawan, 2000).

Process of emotion regulation

Gross (2007) explained that there are several processes in regulating emotions, one of which is the type of situation selection. This approach involves a person taking an action or avoiding a situation to get a desired situation. The MU participant showed that he was able to find ways to divert his emotions by being alone to hold the emotion then he calmed down after the emotion had subsided. TO participants reduce negative emotions by changing the situation so that they can easily reduce the impact of strong emotions that arise. This was done by changing the situation. When someone asked about the divorce, the participant answered this briefly because he did not want anyone to discuss it further according to what the participant wanted. This is called situation modification. Situation modification is a person's way of changing situations, so that it can easily reduce the strong influence of emotions that arise (Gross, 2007).

After the divorce period, participants experience an iddah period that must be lived. Then after the end of the iddah period, participants may remarry. During that time, NR participants began to organize their new life by being active on social media and helping their mother sell in her shop. This was done with the aim of getting rid of her past memories with her ex-husband. Gross (2007) states that this is part of the emotional regulation process in the form of attention deployment, in this process it is not necessary

to change the situation, it is enough to divert one's attention from an unpleasant situation which aims to reduce the emotional influence that arises.

Conclusion

Based on the results of the research, the form of managing negative and positive emotions is carried out by women who are widows with forced marriage backgrounds, namely trying to control the hurt and disappointment caused by the divorce that they experienced. Widowed women with a background in forced marriage try to control their emotions because they don't want it to affect their family. Some of the ways the participants did were: First, take certain actions to deal with the problem, such as by calming down in the room and then hanging out with children. This was able to control her negative emotions, then the second participant, if asked about divorce from her husband, answered the question briefly so that it indirectly prevented other questions from reappearing to her and the third participant did not change the situation, only diverted her problems to other things, such as being active again on social media also increase activity by helping mothers sell so they can reduce her burden regarding memories of her past with her husband. Feelings of sadness, disappointment and annoyance that are felt do not prevent participants from carrying out their activities, such as being more active at work, so that they make their condition better and they can get what they want. In addition to regulating emotions, participants also increase religiosity in everyday life. This helps participants in dealing with problems experienced after the divorce both from within themselves and from the surrounding community.

Suggestions or recommendations that can be given are as follows:

1. Participants are expected to: a) Be able to regulate emotions when facing problems by managing emotions and reducing negative emotions; b) Be more assertive in matchmaking by telling parents;
2. For parents, it is hoped that parents will listen more to their children's opinions about their life partners before setting them up with other people;
3. For the community, it is expected to consider the other side that not all women with widow status have a negative label and society is able to take care of the feelings of women with widow status;
4. For another researchers, it is expected to conduct research with other variables such as interpersonal and intrapersonal conflict as well as research methods with other approaches.

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