

ABSTRAK

Fausiyeh. 220541100089. Program Studi Psikologi. Makna Kepuasan Pernikahan pada Istri Pelaut yang Menjalani *Long Distance Marriage*.

Pernikahan dengan pasangan yang bekerja sebagai pelaut memiliki tantangan tersendiri karena keterpisahan fisik dalam jangka waktu tertentu sehingga pasangan menjalani *long distance marriage*. Kondisi tersebut menuntut istri melakukan penyesuaian dalam menjalankan kehidupan pernikahan dan keluarga. Penelitian ini bertujuan untuk memahami dan menginterpretasikan makna kepuasan pernikahan pada istri pelaut yang menjalani LDM. Penelitian menggunakan pendekatan kualitatif dengan metode *Interpretative Phenomenological Analysis* (IPA). Partisipan berjumlah tiga orang yang dipilih menggunakan teknik *non-probability sampling* dengan metode *purposive sampling* berdasarkan kriteria yang telah ditentukan. Pengumpulan data dilakukan melalui wawancara semi-terstruktur. Hasil penelitian menunjukkan tiga tema induk, yaitu pemaknaan terhadap *Long Distance Marriage* bagi istri pelaut, adaptasi psikologis, dan pengelolaan kehidupan keluarga. Ketiga tema tersebut menunjukkan bahwa kepuasan pernikahan dimaknai melalui penerimaan terhadap kondisi LDM, kemampuan beradaptasi, serta upaya mempertahankan hubungan dan kehidupan keluarga. Kepuasan pernikahan tidak semata-mata ditentukan oleh kehadiran fisik pasangan, tetapi terbentuk melalui penerimaan, kepercayaan, komitmen, dan upaya bersama dalam menjalani kehidupan pernikahan. Kepuasan pernikahan juga dimaknai sebagai bentuk investasi bagi keberlangsungan dan masa depan keluarga.

Kata kunci: kepuasan pernikahan, *long distance marriage*, istri pelaut.

ABSTRACT

Fausiyeh. 220541100089. Department of Psychology. The meaning of marital satisfaction for wives of seafarers in long-distance marriages.

Marriage to a sailor presents unique challenges due to physical separation for certain periods, requiring couples to engage in a long-distance marriage (LDM). This condition requires wives to make various adjustments in managing their marital and family life. This study aimed to understand and interpret the meaning of marital satisfaction among sailors' wives who experience LDM. This study employed a qualitative approach using the Interpretative Phenomenological Analysis (IPA) method. Three participants were selected using a non-probability sampling technique with a purposive sampling method, based on predetermined criteria. Data were collected through semi-structured interviews. The findings revealed three main themes: the meaning of LDM for sailors' wives, psychological adaptation, and family life management. These themes indicate that marital satisfaction is understood through acceptance of the LDM condition, the ability to adapt, and efforts to maintain the marital relationship and family life. Marital satisfaction is not solely determined by the physical presence of a spouse but is formed through acceptance, trust, commitment, and joint efforts in navigating married life. Marital satisfaction is also perceived as an investment in the continuity and future of the family.

Keywords: marital satisfaction, long-distance marriage, sailors' wives.