

## ABSTRAK

**Nor Sofiyetun. 190541100021. Kecemasan Calon Pengantin Pria Pada Tradisi Penyerahan Perabot Rumah Tangga Dalam Perkawinan Adat Madura (Studi Kasus di Desa Bilaporah Kecamatan Socah Kabupaten Bangkalan). Program Studi Psikologi, Fakultas Ilmu Sosial dan Budaya, Universitas Trunojoyo Madura, 2025.**

Upacara pernikahan biasanya merupakan acara atau serangkaian kegiatan tradisional yang berlangsung sesuai adat-istiadat yang berlaku di setiap daerah seperti halnya di Desa Bilaporah Bangkalan Madura serangkaian upacara atau tradisi yang dilakukan oleh masyarakat dengan membawa perabotan saat menikah yang masih tetap berlangsung sampai saat ini. Perabotan yang dibawa untuk mengisi rumah yang telah disediakan, oleh masyarakat Madura disebut *ba-ghiba*. Perasaan khawatir untuk menikah jika tidak memiliki finansial yang cukup untuk melaksanakan tradisi membawa perabotan pada saat menikah karena merasa takut barang yang dibawa tidak sesuai dengan apa yang diinginkan pihak keluarga perempuan. Kekhawatiran inilah yang menimbulkan perasaan cemas untuk melakukan atau melangsungkan pernikahan. Tujuan dari penelitian ini yaitu untuk mengetahui kecemasan calon pengantin pria pada tradisi penyerahan perabot rumah tangga dalam perkawinan adat Madura (studi kasus di Desa Bilaporah Kecamatan Socah Kabupaten Bangkalan). Metode penelitian yang digunakan adalah kualitatif dengan pendekatan studi kasus. Teknik pengumpulan data dilakukan melalui wawancara mendalam, observasi, dan dokumentasi. Pemilihan partisipan dilakukan melalui proses *screening* menggunakan Skala Kecemasan berdasarkan aspek-aspek kecemasan dari teori Green & Padesky (2004), yang meliputi aspek fisik, kognitif (pemikiran), perilaku, dan suasana hati. Kriteria partisipan meliputi calon pengantin pria yang melaksanakan tradisi penyerahan perabot rumah tangga dalam adat perkawinan Madura dengan wanita asal Bilaporah, Berusia 21 tahun lebih dan mengindikasikan adanya kecemasan sebelum proses *bha-ghiba* dilakukan dengan proses *screening*. Analisis data menggunakan model Stake, yang terdiri dari tahap pengumpulan kategori, interpretasi, pembentukan pola, dan generalisasi naturalistik. Partisipan penelitian berjumlah tiga orang pria berinisial M, B, dan J. Hasil penelitian menunjukkan bahwa kecemasan calon pengantin pria muncul dalam bentuk gejala fisik, kognitif, perilaku, dan suasana hati. Faktor penyebab kecemasan meliputi tekanan sosial, kekhawatiran tidak memenuhi harapan keluarga pasangan, dan ketakutan menjadi bahan pembicaraan masyarakat. Kecemasan ini berdampak pada kesehatan mental dan keseharian subjek, termasuk ketidakfokusan, emosi tidak terkendali, dan penurunan produktivitas.

**Kata Kunci:** Kecemasan, Calon Pengantin Pria, Tradisi Penyerahan Perabot Rumah Tangga (*Bha-ghiba*)

## ABSTRACT

**Nor Sofiyetun. 190541100021. *Anxiety of Prospective Grooms in the Tradition of Handing Over Household Furniture in Madurese Traditional Marriage (Case Study in Bilaporah Village, Socah District, Bangkalan Regency).* Psychology Study Program, Faculty of Social and Cultural Sciences, Trunojoyo University, Madura, 2025.**

A wedding ceremony is usually an event or series of traditional activities that take place according to the customs that apply in each region, such as in Bilaporah Village, Bangkalan, Madura, a series of ceremonies or traditions carried out by the community by bringing furniture when getting married which still continues to this day. The furniture brought to fill the house that has been provided is called *ba-ghiba* by the Madurese community. Feelings of worry about getting married if you do not have enough finances to carry out the tradition of bringing furniture when getting married because you are afraid that the items brought will not be in accordance with what the woman's family wants. This worry is what causes feelings of anxiety about getting married. The purpose of this study was to determine the anxiety of prospective grooms in the tradition of handing over household furniture in Madurese traditional marriages (case study in Bilaporah Village, Socah District, Bangkalan Regency). The research method used is qualitative with a case study approach. Data collection techniques are carried out through in-depth interviews, observation, and documentation. The selection of participants was carried out through a screening process using the Anxiety Scale based on aspects of anxiety from the theory of Green & Padesky (2004), which includes physical, cognitive (thinking), behavioral, and mood aspects. The participant criteria included prospective grooms who carried out the tradition of handing over household furniture in Madurese marriage customs with women from Bilaporah, aged 21 years and over and indicated anxiety before the *bha-ghiba* process was carried out through a screening process. Data analysis used the Stake model, which consists of the stages of collecting categories, interpretation, pattern formation, and naturalistic generalization. The research participants were three men with the initials M, B, and J. The results showed that the anxiety of prospective grooms appeared in the form of physical, cognitive, behavioral, and mood symptoms. Factors causing anxiety include social pressure, concerns about not meeting the expectations of the partner's family, and fear of being the talk of the town. This anxiety has an impact on the mental health and daily life of the subjects, including lack of focus, uncontrolled emotions, and decreased productivity.

**Keywords:** Anxiety, Prospective Grooms, Tradition of Handing Over Household Furniture (*Bha-ghiba*)