

# Analysis of Factors Influencing Marital Satisfaction and External Factors Among Young Students Aged 21-28 Years (Case Study of Students of STDI IMAM SYAFI'I JEMBER)

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## ABSTRACT

Marital satisfaction is a key factor in maintaining a successful and happy relationship and is a crucial factor that not only determines the quality of a husband and wife's relationship but also affects the overall stability of the family. However, marital satisfaction is often a challenge, especially among young couples aged 21-28. This study employs a qualitative approach using observation and in-depth interviews to gain a deeper understanding of the factors influencing marital satisfaction among young couples aged 21-28 who are registered as students at STDI IMAM SYAFII JEMBER. Marital satisfaction is an assessment conducted by married couples to evaluate the quality of their marriage. The more benefits a couple feels, the more evidence there is that they are satisfied with their marriage. This expert approach highlights that factors such as communication, adaptability to change, conflict management, and role balance are crucial in influencing marital satisfaction. The importance of equality in marriage includes social, educational, and religious equality between husband and wife. Biological relationships are seen as an expression of sexual desire that must be carried out with responsibility and awareness of religious principles. Good communication is the key to building a harmonious relationship, where couples must be able to listen, understand, and respond to each other constructively. Additionally, obedience to the husband based on love, respect, and cooperation is important in creating a harmonious family.

**Keywords:** Marriage Satisfaction, College Students, STDI Imam Syafi'i, Equivalent, Communication.

## ABSTRAK

Kepuasan dalam pernikahan merupakan kunci penting dari keberhasilan dalam mempertahankan hubungan yang sukses dan Bahagia serta menjadi faktor krusial yang tidak hanya menentukan kualitas hubungan pasangan suami istri, tetapi juga mempengaruhi stabilitas keluarga secara keseluruhan. Meski begitu, kepuasan dalam pernikahan sering kali menjadi tantangan, terutama di kalangan pasangan muda yang berusia 21-28 tahun. Penelitian ini menggunakan pendekatan kualitatif dengan metode observasi dan wawancara mendalam untuk memahami secara mendalam faktor-faktor yang mempengaruhi kepuasan pernikahan di kalangan pasangan muda berusia 21-28 tahun yang terdaftar sebagai mahasiswa di STDI IMAM SYAFII JEMBER. Kepuasan pernikahan merupakan penilaian yang dilakukan pasangan suami istri untuk mengetahui kualitas pernikahannya. Semakin banyak manfaat yang dirasakan suatu pasangan, semakin banyak bukti bahwa mereka puas dengan pernikahannya. Pendekatan para ahli ini menunjukkan bahwa faktor-faktor seperti komunikasi, kondisi

terhadap perubahan, pengelolaan konflik, serta keseimbangan peran sangat penting dalam mempengaruhi kepuasan pernikahan. Pentingnya kesetaraan dalam pernikahan mencakup sekufu atau kesetaraan sosial, pendidikan, dan agama antara suami dan istri. Hubungan biologi dipandang sebagai ekspresi dari dorongan seksual yang harus dilakukan dengan tanggung jawab dan kesadaran terhadap syariat. Komunikasi yang baik merupakan kunci utama untuk membangun hubungan yang harmonis, di mana pasangan harus mampu mendengarkan, memahami, dan menanggapi satu sama lain dengan konstruktif. Selain itu, ketaatan kepada suami yang didasari oleh cinta, hormat, dan kerja sama penting dalam menciptakan keluarga yang harmonis.

**Kata Kunci:** Kepuasan Pernikahan, Mahasiswa, STDI Imam Syafi'i, Padanan, Komunikasi.

## INTRODUCTION

Marriage is a crucial social institution in Islamic teachings. Marriage is viewed not only as a physical and emotional bond between husband and wife, but also as a form of worship to Allah SWT. The Quran and Hadith emphasize the importance of marriage as a means of achieving tranquility (sakinah), affection (mawaddah), and mercy (rahmah) between spouses. In Surah Ar-Rum, verse 21, Allah Subhanahu wa ta'ala states:

وَمِنْ أَيْتَهُ أَنْ خَلَقَ لَكُمْ مِنْ أَنفُسِكُمْ أَرْوَاجًا لِتُسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً إِنَّ فِي ذَلِكَ لَذِيْنَ لِقَوْمٍ يَتَفَكَّرُونَ (21)

“And among the signs of His power is that He created for you wives from your own kind, so that you would be inclined and feel at ease with them, and He made between you feelings of love and affection. Indeed, in that there are truly signs for a people who think.”

Marriage is essentially a social and legal institution that unites two individuals in a formal relationship recognized by both local law and the entire community. Marriage is a crucial stage in everyone's life, especially for newlyweds. Marriage always involves emotional, legal, and social commitment, as well as equality in daily life. Marriage is crucial in human life, particularly in the context of Islamic societies.

Marriage is seen not only as a formal bond between two individuals but also as a means of establishing a harmonious and sustainable family. However, the realities of modern life have presented various challenges that affect marital stability and satisfaction, particularly for young couples aged 21 to 28.

Marital satisfaction is a key to maintaining a successful and happy relationship. Marital satisfaction is a crucial factor that not only determines the quality of a couple's relationship but also influences overall family stability. However, marital satisfaction often presents challenges, especially among young couples aged 21-28.

At this age, couples may face various issues that can affect marital happiness, such as communication problems, differing expectations, financial stability, and emotional maturity. On the other hand, Islam emphasizes the importance of etiquette and responsibility in marriage, where husband and wife are expected to support, understand, and respect each other's rights and obligations.

Factors influencing marital satisfaction involve a balance between fulfilling obligations and psychological and social needs. In Islam, husband and wife have clear roles and responsibilities, but both are also reminded to always prioritize the principle of shura (deliberation) and maintain harmony in the household.

Young couples at this age are generally in a transitional phase toward adulthood, with various dynamics such as role adjustment, financial stability, and managing interpersonal relationships. At this age, students also often face academic pressures that can affect the quality of their relationships. Therefore, it is important to understand the factors influencing marital satisfaction, especially among students in academic environments like STDI Imam Syafii Jember.

Several studies have shown that factors such as communication, trust, emotional support, economic stability, and compatibility of religious values are important elements influencing marital satisfaction. However, each age group, including young couples, has unique characteristics and challenges that require further analysis.

This study involved interviews with key informants: young couples aged 21–28 who had been married for 1–5 years and were currently studying at STDI Imam Syafi'i Jember. These young couples were selected to provide an empirical perspective on the factors influencing marital satisfaction and how external factors, such as social and economic support, influence marital satisfaction among young couples aged 21–28.

This study aims to analyze the various factors influencing marital satisfaction among young couples aged 21–28, with a specific focus on students at STDI Imam Syafi'i Jember. By examining the factors influencing marital satisfaction among young couples aged 21–28 and how external factors, such as social and economic support, influence marital satisfaction among young couples aged 21–28,

This study is expected to provide a comprehensive picture of the marital conditions among young couples and contribute to efforts to improve the quality of these marriages.

## METHODS

This study uses a qualitative approach to gain a deeper understanding of the factors influencing marital satisfaction among young couples. This approach allows researchers to explore the experiences, perspectives, and feelings of young couples regarding their marriages.

Researchers will conduct interviews with seven young couples aged 21–28 enrolled as students at STDI IMAM SYAFII JEMBER. Participants will be selected purposively based on specific criteria relevant to the study. These interviews will be descriptive, with the researcher preparing key questions but also providing space for respondents to freely share their experiences and perspectives.

**Observations:** Researchers can observe the interactions of young couples in their social contexts, such as when participating in campus activities or social events. This can provide additional insight into the dynamics of their relationships.

Researchers must adhere to ethical principles, such as obtaining consent from respondents before the interviews, maintaining confidentiality, and ensuring that their participation is voluntary. By using qualitative methods, this study is expected to provide an in-depth understanding of the factors influencing marital satisfaction among young couples at STDI IMAM SYAFII JEMBER. The results of this study can provide insight for young couples and related parties in supporting healthy and happy marital relationships.

## RESULTS AND DISCUSSION

According to the Great Indonesian Dictionary (Fedora, 2013, p. 10), satisfaction is a state of contentment, pleasure, and relief. The word "satisfaction" itself means

feeling happy, relieved, joyful, satiated, and so on, due to having more or less fulfilled one's desires.

Hawkins (Rachmawati and Mastuti, 2013, p. 74) argues that marital satisfaction is a subjective feeling experienced by a married couple, such as happiness, contentment, and joy associated with their marriage, related to its aspects.

Marital satisfaction in Islam can be defined as the achievement of inner and outer happiness and well-being in a husband and wife relationship, based on three fundamental elements: *sakinah* (peace of mind), *mawaddah* (love), and *rahmah* (compassion) (Al-Ghazali, in *Ihya Ulumuddin*).

Allah (SWT) says in the Quran: "And among His signs is this: He created for you wives from among yourselves, that you may find comfort in them, and He placed between you love and compassion. Indeed, in this are signs for a people who give thought." (Quran 2:21).

Marital satisfaction is an assessment conducted by a married couple to determine the quality of their marriage. The more benefits a couple experiences, the greater the evidence that they are satisfied with their marriage.

The expert approach suggests that factors such as communication, adaptation to change, conflict management, and role balance are crucial in influencing marital satisfaction.

### **Marital Satisfaction and Factors Influencing Marital Satisfaction in Young Couples of STDI Imam Syafi'i Students Aged 21-28 Years**

Based on the results of interviews conducted by researchers, several factors that can significantly influence marital satisfaction in young couples aged 21-28 are as follows:

#### **a) Sekufu**

Sekufu in Indonesian refers to equality or sameness of rank. This term is often used in the context of relationships, especially in marriage, to indicate that partners have equal social status, education, or background. Literally, *kafa'ah* means equal or the same. This meaning is taken from Surah Al-Ikhlas verse 4, which reads,

وَلَمْ يَكُنْ لَّهُ كُفُواً أَحَدٌ

"And there is nothing equal to Him" (Surah Al-Ikhlas: 4).

Meanwhile, from a fiqh perspective, *kafa'ah* is defined as a husband and wife who feel mutually worthy and are not ashamed of each other's status as husband and wife for certain reasons.

According to Abdurrahman Al-Jaziri, *kafa'ah* is a balance between the prospective husband and wife in certain aspects, namely: religion, lineage (lineage), independence, occupation, and wealth. He argues that *kafa'ah* is a common requirement for marriage, not a valid one.

Abdul Rahman Ghazali argues that *kafa'ah* is a balance and harmony between the prospective wife and husband, so that neither party feels burdened by the marriage. According to him, *kafa'ah* is a factor that can foster marital happiness and better guarantee a woman's safety from failure or marital turmoil.

Equality in religion and belief is a crucial foundation in marriage. Couples with similar religious beliefs and practices tend to have a harmonious vision and mission for their married life. This makes it easier for them to support each other in carrying out religious obligations and maintaining family harmony.

Equality in education between husband and wife can influence how they communicate, make decisions, and resolve marital problems. Educational equality allows couples to communicate effectively and resolve disagreements constructively.

As an interview with Fattah, a 26-year-old 10th-semester student at STDIIS, stated, "If we can be of the same ethnicity or frequency, then marital satisfaction can be achieved." (Muhammad Fattah, interview, January 2, 2025)

This interview shows that couples with similar educational levels tend to have better marital quality and higher levels of satisfaction. The concept of "sekufu" in marriage emphasizes the importance of partners being "equal" or equal in these areas, with the goal of creating harmony and reducing the potential for conflict that can arise from significant differences.

This equality is considered a factor that can influence marital satisfaction because couples with similar backgrounds tend to adapt more easily to each other, have a better understanding, and share the same goals and values.

### **b) Biological Relationship**

Freud viewed sexual intercourse as an expression of the sexual drive (libido), one of the basic human drives. According to him, sexual intercourse not only fulfills physical needs but also plays a role in an individual's psychosexual development.

From a contemporary Islamic perspective, Zakir Naik explains sexual intercourse as a blessing from God permitted within marriage to maintain self-respect, strengthen the bond between husband and wife, and procreate. Naik also emphasizes that sexual intercourse must be conducted responsibly and with awareness of Islamic law.

According to Abu Zahrah, marriage can legitimate the biological relationship between a man and a woman. Through this marriage, both men and women have obligations and rights that must be fulfilled according to Islamic law.

In Islam, sexual intercourse between husband and wife is seen as an integral part of marriage, aimed at achieving physical and spiritual satisfaction. This relationship is not only for reproduction, but also serves as a means of strengthening the emotional and spiritual bond between partners and fulfilling legitimate biological needs.

As stated in an interview with Ragil Diwandaru, a 10th-semester student at STDIIS, "Because biological relationships are permissible in marriage, it brings a certain satisfaction." (Ragil Diwandaru, interview, January 2, 2025).

Syihab, a 10th-semester student at STDIIS, and Faishal Ahmad, an 8th-semester student at STDIIS, also expressed the view that "biological relationships are a source of satisfaction, something we pursue during marriage." (Interview, January 4, 2025)

### **c) Good Communication**

Good communication in a household is key to building a harmonious and lasting relationship. In marriage, communication is not just about talking; it also involves the ability to listen, understand, and respond constructively. Effective communication helps couples resolve conflicts, express love, and understand each other's needs and expectations.

In a marriage, communication can be successful if both parties obtain a wealth of information from each other. This includes understanding the partner's desires, feelings, and life goals. Taking the time to communicate about what is being built can contribute to marital satisfaction. According to Fattah, a 10th-semester student at STDI IMAM SYAFII, "good communication is the most important thing after material things, whether in person or through social media." (Muhammad Fattah, interview, January 2, 2025)

However, good communication means being open about feelings and understanding each other, avoiding misunderstandings, and listening attentively, demonstrating mutual respect and emotional strength. This allows couples to resolve conflicts constructively rather than fight, and increases feelings of security and happiness in the relationship. The Prophet Muhammad (peace be upon him) possessed extraordinary communication skills. He consistently exemplified noble morals during his conversations, enabling those speaking to him to easily understand his message. He always communicated with his wives attentively and used terms of endearment, such as calling Aisha "Humaira" (the rosy-cheeked one). In a modern context, husbands and wives can call each other by terms of endearment that reflect affection, such as "Dear" or "Habibi/Habibati."

According to Sulthan, a fourth-semester student at the Imam Syafi'i Islamic School (STDI) in Jakarta, "get used to calling your partner in a gentle tone because it can defuse conflict and also calm flaring emotions." (Sulthan, interview, January 4, 2025)

Meanwhile, Syihab, Luqman, Fattah, Faishal Ahmad, and Sulthan, a student at the Imam Syafi'i Islamic School (STDI) in Jakarta, call their partners "habibati," "zaujati," or other terms that make their wives happy to hear.

#### **d) Obedience to one's husband**

Obedience to one's husband is an important element in an Islamic marriage, which aims to create a family that is peaceful, loving, and compassionate. This obedience is not a form of oppression, but rather a way to maintain household harmony while adhering to the boundaries of sharia. In practice, this obedience must be based on love, respect, and cooperation between husband and wife. Kukuh Amar Suganda said, "Having a wife who understands religion is a satisfaction for me because with religious understanding, a wife can understand her rights and obligations in marriage." (Interview, January 4, 2025)

#### **e) Time with your partner (quality time)**

Quality time with your partner is time spent attentively and meaningfully, where both partners engage in activities together that strengthen the emotional bond and improve communication. Unlike simply being in the same room, quality time includes emotional closeness, intimacy, and full focus on your partner without distractions from other activities such as work, social media, or other responsibilities.

According to interviews with Sulthan and Syihab, they both agreed that quality time can be spent on outings, shopping with their wives, pursuing favorite hobbies, and exercising together. (Interview, January 4, 2025)

### **External factors such as social and economic support influence marital satisfaction among young couples aged 21-28 years**

External factors such as social and economic support play a significant role in influencing marital satisfaction among young couples, especially those aged 21-28. At this age, couples often face complex life challenges, such as transitioning to the workforce, establishing a self-identity, and adjusting to married life. Here's an explanation of how these factors influence each other:

#### **1. Social Support**

Social support from family, friends, and the surrounding community provides a sense of security and stability for young couples. This support serves as a source of strength when facing challenges, helps reduce stress, and strengthens the emotional bond between partners.

Research shows that couples who receive strong social support tend to be more satisfied in their marriage because they feel they have a place to share and seek help when facing problems. Here's an explanation of how social support influences marital satisfaction in young couples:

a) Family Support

Family support is an important factor influencing marital satisfaction. This support can take the form of emotional support, financial support, or advice from extended family, all of which can increase a sense of security and stability in a marital relationship.

A supportive family can help couples overcome problems that arise in a marriage, such as conflict or financial stress. Research shows that family involvement can increase marital satisfaction because couples feel supported and cared for by those closest to them.

Luqman, an 8th-semester student at STDI IMAM SYAFII, stated that "the family's role in social support is to provide advice, encouragement, and material support." (Luqman, interview, January 6, 2025)

b) Support from Pious Friends

Pious friends and associates can be a significant source of social support. They can provide different perspectives, help couples through difficult times, and provide a platform for sharing experiences. Emotional support from friends can reduce feelings of loneliness and increase a sense of community, which in turn increases marital satisfaction.

Kukuh Amar Suganda, a 6th-semester student at STDIIS, stated that "When faith declines in a household, various problems can arise, such as decreased harmony, increased conflict, or a reduced sense of responsibility between husband and wife. Therefore, we must have pious friends to advise us." (Kukuh Amar Suganda, interview, January 5, 2025)

c) Community Support

A positive social and community environment also plays an important role. Supportive communities, such as religious groups or hobby groups, can provide opportunities for socializing and strengthen bonds between couples. Shared community activities can increase feelings of connectedness and marital satisfaction.

d) Spiritual and Religious Support

For couples with similar religious backgrounds, support from a religious community can be a source of strength. Shared religious activities help couples connect with each other on a deeper level and reinforce their shared values, which can increase marital satisfaction.

As Faishal Ahmad, a 7th-semester student at STDI IMAM SYAFII, and Ragil Diwandaru, stated, "Spiritual support can be obtained by attending religious studies and studying tahsin together, and also frequently attending Ustad Syafiq Reza Basalamah's studies with his wife. Engaging in religious activities together can boost enthusiasm and marital satisfaction." (Fasihal Ahmad, interview, January 4, 2025)

The benefits of social support include:

- Reducing stress and anxiety
- Improving mental health
- Helping overcome problems
- Increasing self-confidence
- Creating a sense of security and comfort

Social support can come from various sources, such as family, friends, coworkers, communities, or support groups. In difficult situations, it is important to not hesitate to seek and accept support from those closest to you.

## 2. Economic Support

Economic support has a significant influence on increasing marital satisfaction, especially for young couples aged 21-28. At this stage, couples are often early in their careers and may not yet have achieved financial stability, so economic support from family or the surrounding community can help them face daily financial challenges.

Here are some points regarding how economic support influences marital satisfaction among young couples in Indonesia:

### a) Reducing Financial Conflict in the Household

Economic stability helps reduce financial conflict, which is often a source of tension in marriage. With economic support, whether from family, housing assistance, or other subsidies, couples can focus more on the quality of their relationship without being distracted by daily financial issues. This is important for maintaining relationship harmony and increasing marital satisfaction.

Economic support from extended family, for example in the form of housing assistance or business capital, can increase the stability of a young couple's household. This financial stability helps couples feel secure and better able to focus on developing their relationship and family responsibilities (Widiasih, 2018).

### b) Reducing Stress and Psychological Burden

Financial instability can cause stress that has the potential to disrupt marital happiness. Financial support from family or other parties can reduce this pressure, ultimately improving a couple's emotional well-being. A lighter psychological burden helps couples focus on building a healthy relationship.

### c) Enabling Self-Development and Career Development

Couples who can develop themselves through education or training are more likely to be satisfied in their marriage because they feel supported in achieving their personal and professional goals.

Ragil Diwandaru, Luqman Abdurrahman, Faishal Ahmad, and Sulthan agree that financial support provides a strong foundation for young couples to overcome early marital challenges, allowing them to focus more on their relationship and emotional well-being, leading to increased marital satisfaction. Furthermore, they are now pursuing their education.

## CONCLUSIONS

Marital satisfaction is the subjective pleasure and relief experienced by a married couple, influenced by factors such as cohesion, flexibility, and communication.

The importance of equality in marriage encompasses sekufu, or social, educational, and religious equality between husband and wife. Biological relationships are seen as an expression of sexual urges that must be carried out responsibly and with awareness of Islamic law. Good communication is key to building a harmonious relationship, where partners must be able to listen, understand, and respond constructively to each other. Furthermore, obedience to one's husband, based on love, respect, and cooperation, is essential for creating a harmonious family.

Quality time with one's partner is also crucial for strengthening emotional bonds and improving relationship quality. External factors such as social and economic support also play a role in increasing marital satisfaction for young couples. Social support from family, friends, and the community can help reduce stress, improve

mental health, and strengthen emotional bonds between partners. Meanwhile, economic support helps reduce financial conflict, stress, and psychological burdens, and enables self-development and career development for young couples. Social and economic support plays an important role in increasing the marital satisfaction of young couples, especially in facing the complex challenges of life at the age of 21-28 years.

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