

7-28-2022

Role of Communication and Marital Acceptance in Marital Adjustment for Dual Earners Married under 10 Years

Saraswati Stefannie Doho

School of Psychology, Universitas Ciputra Surabaya, Surabaya, 60219, Indonesia, ssarasdoho@gmail.com

Jenny Lukito Setiawan

Center for Marriages and Families, School of Psychology, Universitas Ciputra Surabaya, Surabaya, 60219, Indonesia, jennysetiawan@ciputra.ac.id

Follow this and additional works at: <https://scholarhub.ui.ac.id/hubsasia>



Part of the [Adult and Continuing Education Commons](#), [Art Education Commons](#), and the [Educational Psychology Commons](#)

Recommended Citation

Doho, S., & Setiawan, J. L. (2022). Role of Communication and Marital Acceptance in Marital Adjustment for Dual Earners Married under 10 Years. *Makara Human Behavior Studies in Asia*, 26(1), 44-52. <https://doi.org/10.7454/hubs.asia.1100322>

This Original Article is brought to you for free and open access by UI Scholars Hub. It has been accepted for inclusion in Makara Human Behavior Studies in Asia by an authorized editor of UI Scholars Hub.

Role of Communication and Marital Acceptance in Marital Adjustment for Dual Earners Married under 10 Years

Peran Komunikasi dan *Marital Acceptance* dalam *Marital Adjustment* pada *dual earner* dengan pernikahan 10 tahun ke bawah

Saraswati Stefannie Doho¹ & Jenny Lukito Setiawan²

¹ School of Psychology, Universitas Ciputra Surabaya, Surabaya, 60219, Indonesia

² Center for Marriages and Families, School of Psychology, Universitas Ciputra Surabaya, Surabaya, 60219, Indonesia

ABSTRACT

This study aims to determine the role of communication and marital acceptance in marital adjustment for dual earners married under 10 years. A total of 93 respondents are involved in this study. The criteria for selecting respondents are married employees of company X in Surabaya; married under 10 years; have a working spouse. A quantitative research method with a correlational design is used. Communication, marital acceptance, and marital adjustment scales are also used. Multiple linear regression analysis shows that communication and marital acceptance have a significant role in marital adjustment. The contribution of communication and marital acceptance to marital adjustment is 54% ($p < 0.05$, $R^2 = 0.540$). Thus, communication and marital acceptance predict marital adjustment. This research is expected to be useful for married couples, counselors, and prospective married couples.

ABSTRAK

Penelitian ini bertujuan untuk mengetahui peran komunikasi dan *marital acceptance* dalam *marital adjustment* pada *dual earner* dengan usia pernikahan 10 tahun ke bawah. Subjek penelitian adalah 93 responden yang sesuai dengan kriteria yakni pegawai perusahaan X Surabaya, masih dalam status menikah, memiliki usia pernikahan di bawah 10 tahun, dan memiliki pasangan yang bekerja. Metode penelitian ini adalah kuantitatif dengan desain korelasional. Peneliti menggunakan skala komunikasi, *marital acceptance*, dan *marital adjustment*. Analisis regresi linear berganda menunjukkan komunikasi dan *marital acceptance* berperan signifikan dalam *marital adjustment*. Kontribusi komunikasi dan *marital acceptance* terhadap *marital adjustment* sebesar 54% ($p < 0,05$, $R^2 = 0,540$). Hal ini menunjukkan bahwa komunikasi dan *marital acceptance* memprediksi *marital adjustment*. Penelitian ini diharapkan dapat bermanfaat untuk pasangan suami istri, konselor, dan calon pasangan suami istri.

Original Article

*Correspondence Author:

Saraswati Stefannie Doho
E-mail: ssarasdoho@gmail.com

Received: 21 January 2021

Revised: 15 October 2021

Accepted: 10 March 2022

Keywords: marriages for 10 years and under, dual earner, communication, marital acceptance, marital adjustment

Cite this article: Doho, S. S. & Setiawan, J. L. (2022). Role of communication and marital acceptance in marital adjustment for dual earners married under 10 years. *Makara Human Behavior Studies in Asia*, 26(1), 44–52.
<https://doi.org/10.7454/hubs.asia.1100322>

1. Introduction

Marriage is the union of a man and a woman with different backgrounds within the bond of a promise to live together forever. Marriage depicts the life of a man and a woman in a relationship that involves love, commitment, and loyalty (Güven, 2017). It is the binder of two people, namely, a man and a woman, in a marital union with different cultures and habits, and it is the starting point for a life journey to achieve common goals (Anjani & Suryanto, 2006).

In Indonesia, data from the *Puslitbang Kehidupan Keagamaan* [Research and Development Center of Religious Life] (2016) recorded 144,912 divorce cases in 2001. *Badan Pusat Statistik* [The Central Statistics

Agency] (2015) recorded 347,256 divorce cases in 2015. The Religious Courts Agency (Badilag) of the Supreme Court (in Hidayat, 2018) stated that 364,164 divorce cases were filed in 2017. These data show that divorce rate in Indonesia is increasing.

Hidayat (2018) stated that the factors causing divorces include constant disputes and fights, economic problems, and the act of dumping the other party. Amato and Previti (2003) revealed that married couples' reasons for divorce comprise incompatibility between husband and wife, infidelity, drug/alcohol addiction, and physical or mental abuse. Continuous quarrels and fights and incompatibilities are depictions of marital adjustment problems.

The problem of marital adjustment in the first 10 years of marriage is real. Problems arise because married couples are still in the early stages of marriage, and they tend to be shocked to find out the real nature of their partner that is different from when they were dating (Williams et al., 2009). At the beginning of marriage, married couples experience identity bargaining. Williams et al. (2009) defined identity bargaining as a condition when a married couple adjusts to each other's ideal expectations for their married life. The success of marital adjustment is critical, as it relates to consensus, satisfaction, and cohesiveness between spouses. Couples who fail in marital adjustment put their marriage into a critical condition with a risk of divorce.

Nowadays, the number of married women deciding to work is increasing. The decision to work is not only influenced by women's educational level, which tends to be higher in this era than before, but also by family economic pressure. To meet family needs, many couples make decisions to be dual earners (*Badan Pusat Statistik* [Central Statistics Agency], 2018). Dual-earner couples are married couples where both husband and wife work outside home (Benokraitis, 2011).

Choosing to be dual-earner couples have some advantages. Haddock and Rattenborg (2003) stated that husbands and wives who both work can improve self-identity and well-being, have egalitarian relationships, improve family economy, have social networks from the workplace, and increase the social and intellectual abilities of children from dual-earner husbands and wives. However, this condition also creates other challenges in marital life.

Williams et al. (2009) stated that dual-earner couples face several problems, including role conflict, role overload, and role ambiguity. Difficulties in dealing with such problems can result in poor mental health, anxiety, and increased stress risk (Williams et al., 2009). Furthermore, Anto Handiono stated that most divorces are caused by wives who have better career paths and make them more independent than their husbands (JawaPos, 2017). Anto Handiono (in JawaPos, 2017), as the head of DP5A (Population Control Office for Women's Empowerment and Child Protection), added that when a wife focuses on her work career, she tends to put her family aside because she often brings the work home. It often triggers conflicts between spouses.

Dual-earner couples during the first 10 years of marriage are susceptible to problems related to marital adjustment. Pish-ghadam et al. (2013) argued that working wives tend to face more marital adjustment problems than those who do not work. Dual role seems to be the important issue. Pal (2017) revealed that working women tend to experience problems with marital adjustment because they work in two different

situations—work and home atmospheres. According to Beegam et al. (2017), dual-earner couples experience worse marital adjustment than nondual earner couples. Dual-earner couples experience difficulties in dividing tasks at work, managing finances, arranging husband and wife roles, and family arrangements (Beegam et al., 2017).

Due to difficulties in marital adjustment among dual-earner couples and risks on marital stability, studies that explore factors predicting marital adjustment are necessary. Therefore, our aim is to investigate the role of communication and marital acceptance in marital adjustment among dual earners married under 10 years.

Marital adjustment

Marital adjustment is the process when married couples are making adjustments in their marriage (Spanier, 1976). According to Spanier (1976), marital adjustment comprises three components, namely, agreement on significant matters in marriage function (dyadic consensus), marriage satisfaction (dyadic satisfaction), and husband-and-wife cohesiveness in carrying out joint activities (dyadic cohesion). Marital adjustment also relates to attitude adjustment in dealing with personality differences between husbands and wives, chore adjustment, social adjustment, education, and husband or wife role adjustment (Makvana, 2014; Pal, 2017).

Various studies have been conducted to explore the factors that influence marital adjustment. Tucker and Horowitz (1981) stated that marital adjustment is affected by communication, sexual relationship between spouses, educational level differences between husbands and wives, and children's presence in marriage. Makvana (2014) found that economy, belongingness, trust, and personality influence marital adjustment.

Communication

Considering that a dual-earner married couple under 10 years not only experiences different family backgrounds but also different current life contexts with the two individuals working together, communication is needed. Communication is the dynamic process of an individual trying to convey meaning to other individuals (Olson et al., 2008). The characteristics of good and effective communication consist of the ability to listen with empathy, ability to speak, openness with a partner (self-disclosure), clarity in speaking, ability to speak to remain on the topic of conversation, and an attitude of respect and attention to partners (Olson, 2000; Olson et al., 2014).

Previous studies found that communication is an important determinant of marital satisfaction. Renanita and Setiawan (2017) argued that communication is a strong determinant of marital satisfaction among working and nonworking wives. Khorlina and Setiawan

(2017) showed that communication is related to marital satisfaction among couples with teenagers. Rhenardo and Setiawan (2017) obtained a similar result in their research about marital satisfaction among taxi drivers. They revealed that communication contributes to marital satisfaction.

Given that communication is highly related to marital satisfaction, it is predicted to affect marital adjustment. Good communication can make a partner feel understood and appreciated (Ajaegbu et al., 2015). Understanding and appreciating can help form an agreement (dyadic consensus). It also helps married couples easily achieve dyadic cohesion. The attitude of mutual understanding and appreciating is created because good communication can make husbands and wives meet their partner's needs and expectations. Fulfilled needs increase the likelihood of achieving satisfaction in marriage (dyadic satisfaction).

Previous research found a positive relationship between communication and marital adjustment (Shaud & Asad, 2018; Murphy & Mendelson, 1973; Yalcin & Karahan, 2007). Murphy and Mendelsons (1973) and Yalcin and Karahan (2007) suggested that communication has a positive relationship with marital adjustment in married couples under 10 years. However, both studies failed to provide findings related to communication and marital adjustment in dual-earner couples. Dual-earner spouses are married couples who work outside of home (Benokraitis, 2011). They are prone to experiencing stress caused by pressure at work, so they tend to experience worse marital adjustment than married couples where only one works (Beegam et al., 2017).

Marital acceptance

According to Cordova (2009), marital acceptance is the attitude of letting go of the desire to change things that displease a partner. The behavior of allowing the partner to be who he/she is without being disturbed by the partner's attitude also shows marital acceptance (Cordova, 2009).

Ziapour et al. (2017) found that acceptance can increase the marital adjustment of married couples. They also argued that acceptance and commitment therapy make husbands and wives focus on good changes that occur in each other, minimize avoidance, and increase flexibility (Ziapour et al., 2017). Acceptance and commitment can make husbands and wives resolve conflicts, have initiative, and think positively to reduce marriage problems for increasing the marital adjustment of married couples. Thus, acceptance is important to help couples in their marital adjustment.

However, Ziapour et al. (2017) failed to examine the relationship between marital acceptance and marital adjustment in dual-earner marriages under 10 years.

Acceptance has a significant role in marital adjustment because the first 10 years of marriage are the stage when husbands and wives discover new things about their partners that were unknown and unanticipated during their courtship. Low marital acceptance is thought to make married couples demanding and less tolerant, which may lead to difficulties in achieving consensus, satisfaction, and solidarity/bond of unity in carrying out activities with partners.

Our study

Previous studies indicated a need for marital adjustment research in a specific context, namely, dual earners married under 10 years. Therefore, our research question is "Do communication and marital acceptance have a significant role in the marital adjustment of dual earners married under 10 years?"

This study is expected to contribute in the form of knowledge and advice to husbands and wives and marriage counselors related to the areas of marriage that must be considered to achieve good marital adjustment.

Our hypothesis

Communication and marital acceptance have a significant role in the marital adjustment of dual earners married under 10 years.

2. Methods

Research participants

The participants comprise 93 married individuals (69.89% wives, 30.11% husbands) who are employees of company X in Surabaya; still in the status of being married; are married under 10 years; have a working partner.

Demographic data show that most participants are 26–35 years old (74.19%). Most educational levels are high school (38.7%) and undergraduate (35.5%). Most subjects work full time (87.10%); their incomes are above the UMK (City Minimum Wage) (55.91%). In this study, more subjects are in the range of 0–5 years of marriage (58.06%) than 6–10 years (41.94%). Moreover, 51.61% of subjects have one child (A summary of the demographic distribution can be seen in Table 1 of the Appendix).

The respondents were given informed consent before filling the questionnaire. Any private information, such as contact, education, and job, was protected. Every response was considered valid as long as it reflected the real situation. Respondents filled the questionnaire voluntarily and anonymously. By signing the informed consent, respondents confirmed that they agree to participate in this study.

Research instruments

The communication scale was taken from PREPARE/ENRICH: Customized Version (Olson & Larson, 2008) and was translated into Bahasa Indonesia by Kurniawan and Setiawan (2016). This communication scale comprises 10 items. Respondents were asked to determine how often they experienced the situations stated in the items in their relationships with their partners. The range is from 1 (never) to 5 (always). The higher the total score obtained, the better the communication quality of married couples.

The marital acceptance scale used was the translated scale developed by Cordova (2009). This scale has 16 items. Respondents were asked to determine how often they experienced the statements in their relationship with their partners, starting from 1 (never) up to 5 (always). The higher the respondent’s total score, the higher the marital acceptance that occurs in marriage.

The marital adjustment scale was taken from the *Revised Dyadic Adjustment Scale* (RDAS) of Busby et al. (1995) that was translated and modified into Indonesian by Wulansari and Setiawan (2019). This marital adjustment scale has 14 items. Respondents were asked to indicate the degree of agreement toward the statements, based on their experiences with their spouses, starting from 1 (never) to 6 (always). The higher the total score, the greater the marital adjustment experienced.

The reliability of all scales can be seen in Table 1.

Table 1. Reliability of Communication, Marital Acceptance, and Marital Adjustment Scales

| Scale | Cronbach’s Alpha (α) |
|--------------------|----------------------|
| Communication | 0.703 |
| Marital acceptance | 0.950 |
| RDAS | 0.855 |

The researcher conducted multiple linear regression test to determine the effects of communication and marital acceptance on marital adjustment in dual earners married under 10 years.

3. Result

The descriptive results of communication, marital acceptance, and marital adjustment are presented in Table 2. The correlations among variables are presented in Table 3. Regression analyses are presented in Table 2 of the Appendix.

The multiple regression analysis reveals significant results of $(F(2,91)) = 52.84, p < 0.000, R^2 = 0.540$.

Marital acceptance and communication are significant predictors of marital adjustment in dual-earner marriages of less than 10 years, with the regression equation of $5.962 + 0.537$ (marital acceptance) $+ 0.464$ (communication).

Table 2. Mean and Standard Deviation Variables of Communication, Marital Acceptance, and Marital Adjustment

| Variable | Mean | Standard Deviation |
|--------------------|-------|--------------------|
| Communication | 30.90 | 4.580 |
| Marital acceptance | 65.92 | 10.776 |
| Marital adjustment | 55.74 | 9.403 |

Table 3. Correlation Matrix of Communication, Marital Acceptance, and Marital Adjustment

| | 1 | 2 | 3 |
|-----------------------|-----|---------|---------|
| 1. Marital adjustment | 1.0 | 0.468** | 0.705** |
| 2. Communication | | 1.0 | 0.393** |
| 3. Marital acceptance | | | 1.0 |

Note: ** $p < 0.01$

4. Discussion

The result of the multiple linear regression test suggests that communication and marital acceptance have a significant role in the marital adjustment of dual earners married under 10 years. The percentage of the total influence of communication and marital acceptance is 54% ($R^2 = 0.540, p < 0.05$). It indicates a relatively strong contribution of communication and marital acceptance to marital adjustment. This result demonstrates that the better the communication quality and the higher the marital acceptance, the better the marital adjustment displayed by participants

The contribution of communication to marital adjustment found in this research is consistent with previous studies (Babae & Ghahari, 2016; Shaud & Asad, 2018; Yalcin & Karahan, 2007). Good communication in marriage requires self-disclosure among husbands and wives (Olson, 2000; Olson et al., 2014). Self-disclosure in communication also helps couples to reach good agreement in their marriage. Babae and Ghahari (2016) found that good communication can help couples have creative interactions. Creative interactions between husbands and wives help them solve their problems, create improved relationships, and adjust to marriage. Therefore, communication can help couples understand each other and make good marital adjustment.

The importance of marital acceptance on marital adjustment found in the current research is in line with previous studies by Ghafoorian and Hassanabadi (2016); Peterson et al. (2009); Pirani et al. (2017); and Ziapour et al. (2017). The concept of marital acceptance implies someone's generosity to accept their partner's existence and give up wishes and demands for their partner's changes. Accepting partner's attitude without demanding changes (marital acceptance) tends to prevent couples from blaming each other and leads to couple understanding (Hawrilenko et al., 2016). That is, marital acceptance leads to high flexibility, which makes good marital adjustment (Ziapour et al., 2017).

When good communication and marital acceptance come together in marriage, couples are highly facilitated to deal with differences to make improved marital adjustment. With good communication, the needs and expectations of each party are understood and empathically responded to (Olson, 2000; Olson et al., 2014). With good marital acceptance, habits and traits of husbands/wives that are unsuitable for their expectations can be accepted and tolerated.

If further details into the contribution of each independent variable are traced, marital acceptance gives higher contribution than communication. Marital acceptance contributes 49.7% to marital adjustment, whereas communication contributes only 4.3%. Hence, the role of marital acceptance in marriage is critical.

The concept of marital acceptance proposed by Cordova (1999) is related to that of unconditional love proposed by Regan (2016). Unconditional love requires couples to love their partner with loyalty and without expectations for rewards. According to Regan (2016), unconditional love facilitates couples to meet their partner's needs better than before. Sincere loyalty in unconditional love assists couples in achieving a good marriage agreement (dyadic consensus), which is important in marital adjustment. In addition, unconditional love helps couples become more cohesive (dyadic cohesion) in performing joint activities than before. Meeting needs without any reward expectations can also lead to good marital satisfaction (dyadic satisfaction). That is, flexibility and minimum demands/expectations in unconditional love or marital acceptance help couples develop good marital adjustment and healthy relationships (Olson, 2000).

Furthermore, marital acceptance helps married couples communicate openly. With marital acceptance, individuals are prepared to accept their partner style, without any demands to change them. It provides good relationship vibes, so that individuals are courageous to express their true feelings and needs to their partners. Consequently, couples can understand each other better and achieving marital adjustment is easier than before.

On the contrary, low marital acceptance in marriage makes individuals easily relive their partners' past mistakes. It prevents their partners from being open due to the anxious feelings of getting into problems and receiving negative reactions. This condition can hinder the openness in the communication between spouses (Ajaegbu et al., 2015).

5. Conclusion

Communication and marital acceptance together affect marital adjustment in dual-earner couples married under 10 years, with 54% contribution. Marital acceptance has a more significant role than communication in the marital adjustment of dual-earner couples married under 10 years.

Research limitations

Considering that the sampling technique in collecting data was not random, our results cannot be generalized to the population. Cross-sectional design was also used. Thus, concluding that marital acceptance and communication are the causes of increased marital adjustment in dual earners married under 10 years is impossible.

Recommendations

Given that communication and acceptance affect marital adjustment, husbands and wives in dual-earner couples married under 10 years must increase their communication and marital acceptance. To implement good communication and marital acceptance, dual-earner couples must listen to their partners with empathy, convey feelings openly with partners, appreciate, and increase their tolerance. Communication and acceptance trainings for those who are married and to prospective husbands and wives are recommended. These trainings needed to help married couples and prospective married couples to have good marital adjustment.

Further research

Future studies related to marital adjustment should be conducted due to the diverse demographic conditions of the Indonesian population. Qualitative research exploring difficulties in marital adjustment among mix-ethnic couples will be useful, as these works can lead to good and suitable initiatives or programs for them.

References

- Anjani, S., & Suryanto. (2006). Pola penyesuaian perkawinan pada periode awal. *INSAN*, 8(3), 98-210. https://www.researchgate.net/profile/Suryanto-Suryanto-9/publication/325079048_Pola_Penyediaan_Perkawina

- n_pada_Periode_Awal/links/5af55337a6fdcc0c030b3237/Pola-Penyesuaian-Perkawinan-pada-Periode-Awal.pdf
- Ajaegbu, O., Ajike, E., Lekan, F., & Chigozirim, A. (2015). An empirical study on the causes and effects of communication breakdown in marriages. *Journal of Philosophy, Culture and Religion, 11*, 1-9. <https://iiste.org/Journals/index.php/JPCR/article/view/25959>
- Amato, P.R., & Previti, Denise. (2003). People's reasons for divorcing: Gender, social class, the life course, and adjustment. *Journal of Family Issues, 24*(5), 602-626. <https://doi.org/10.1177/0192513X03254507>
- Babae, S. N., & Ghahari, S. (2016). Effectiveness of communication skills training on intimacy and marital adjustment among married women. *International Journal of Medical Research & Health Sciences, 5*(8), 375-380. <https://www.ijmrhs.com/abstract/effectiveness-of-communication-skills-training-on-intimacy-and-marital-adjustment-among-married-women-9385.html>
- Badan Pusat Statistik. (2015). Nikah, Talak dan Cerai, serta Rujuk, 2012–2015. <https://www.bps.go.id/linkTableDinamis/view/id/893>.
- Badan Pusat Statistik. (2018, Maret 2019). *Rumah tangga menurut provinsi, jenis kelamin KRT yang bekerja, dan daerah tempat tinggal, 2009-2017*. Diunduh dari <https://www.bps.go.id/statictable/2012/04/9/1606/persentase-rumah-tangga-menurut-provinsi-jenis-kelamin-krt-yang-bekerja-dan-daerah-tempat-tinggal-2009-2017>
- Beegam H, Muqthar M, & Wani M A. (2017). Marital adjustment among Single and dual working couples. *International Journal of Indian Psychology, 4*(4), 154-159. <https://doi.org/10.25215/0404.155>
- Benokraitis, N.V. (2011). *Marriages & families: Changes, choices, and constraints* (7th ed.) Pearson Education, Inc.
- Busby, D. M., Christensen, C., Crane, D. R., & Larson, J. H. (1995). A revision of the dyadic adjustment scale for use with distressed and nondistressed couple: Construct hierarchy and multidimensional scales. *Journal of Marital and Family Therapy, 21*(3), 289-308. <https://doi.org/10.1111/j.1752-0606.1995.tb00163.x>
- Cordova, J. V. (2009). *The marriage checkup: A scientific program for sustaining and strengtehening marital health*. Jason Aronson.
- Ghafoorian, P., & Hassanabadi, H. (2016). Effectiveness of acceptance and commitment therapy on thought control and meta cognitive beliefs among females experienced extramarital affairs trauma. *International Journal Women's Health and Wellness, 2*(2), 1-5. <https://doi.org/10.23937/2474-1353/1510020>
- Güven, N. (2017). Analysis of the theses about marital adjustment. *International Journal of Psychology and Educational Studies, 4* (2), 5463. <https://doi.org/10.17220/ijpes.2017.02.006>
- Haddock, S. A., & Rattenborg, K. (2003). Benefits and challenges of dual-earning: Perspectives of successful couples. *The American Journal of Family Therapy, 31*(5), 325-344. <https://doi.org/10.1080/01926180390223978>
- Hawrilenko, M., Gray, T. D., & Cordova, J. V. (2016). The heart of change: Acceptance and intimacy mediate treatment response in a brief couple intervention. *Journal of Family Psychology, 30*(1), 93-103. <https://doi.org/10.1037/fam0000160>
- Hidayat, R. (2018, June 18). Melihat tren perceraian dan dominasi penyebabnya. <https://www.hukumonline.com/berita/baca/lt5b1fb923cb04f/melihat-tren-perceraian-dandominasi-penyebabnya/>.
- Jawapos. (2017, August 1). Setahun 4.938 perceraian: Perempuan karir paling sering minta cerai. *Jawapos*. <https://www.pressreader.com/indonesia/jawapos/20170801/282432759232713>.
- Khorlina, F. M., & Setiawan, J. L. (2017). Relationship between co-parenting and communication with marital satisfaction among married couples with teenagers. *Psychopreneur Journal, 1*(2), 115-125. <https://doi.org/10.37715/psy.v1i2.837>
- Kurniawan, J. E., & Setiawan, J. L. (2016). Pengembangan model dukungan sosial orangtua berbasis relasi pernikahan untuk meningkatkan entrepreneurial self-efficacy. (Laporan Kemajuan Penelitian Unggulan Perguruan Tinggi yang tidak diterbitkan). Universitas Ciputra, Surabaya.
- Makvana, S. M. (2014). Marital adjustment among serving and non-serving married couples. *The International Journal of Indian Psychology, 1*(3), 6-14. <https://doi.org/10.25215/0103.002>
- Murphy, D. C., & Mendelson, L. A. (1973). Communication and adjustment in marriage: Investigating the relationship. *Family Process, 12*(3), 317-326. <https://doi.org/10.1111/j.1545-5300.1973.00317.x>
- Olson, D. H. (2000). Circumplex model of marital and family systems. *Journal of Family Therapy, 22*, 144-167. <https://doi.org/10.1111/1467-6427.00144>

- Olson, D. H., & DeFrain, J. (2006). *Marriages & families: Intimacy, diversity, and strengths* (5th ed.). McGraw-Hill Education.
- Olson, D.H., DeFrain, J., & Skogrand, L. (2014). *Marriages & families: Intimacy, diversity, and strengths* (8th ed.). McGraw-Hill Education.
- Olson, D. H. & Larson, P. J. (2008). *PREPARE/ENRICH: Customized Version. Life Innovations*.
- Olson, D. H., Olson-Sigg, A., & Larson, P. J. (2008). *The couple checkup*. Thomas Nelson, Inc.
- Pal, R. (2017). Marital adjustment among working and non-working married women. *International Journal of Home Science*, 3(1), 384-386. <https://www.homesciencejournal.com/archives/2017/vol3issue1/Part1/3-1-90.pdf>
- Peterson, B. D., Eifert, G. H., Feingold, T., & Davidson, S. (2009). Using acceptance and commitment therapy to treat distressed couples: A case study with two couples. *Cognitive and Behavioral Practice*, 16, 430-442. <https://isiarticles.com/bundles/Article/pre/pdf/36604.pdf>
- Pirani, Z., Abbasi, M., Kalvani, M., & Nourbakhsh, P. (2017). Effectiveness of acceptance and commitment therapy on sexual self-esteem, emotional skillfulness and marital adjustment in veterans'wives. *Iranian Journal of War & Public Health*, 9(1), 25-32. <https://ijwph.ir/article-1-633-en.html>
- Pish-ghadam, M., Bakshipour, B. A., & Ebrahimi, S. (2013). Marital adjustment among employed and non-employed women of Tehran city. *Journal of Novel Applied Sciences*, 2(S), 784-786. <https://doi.org/10.4236/psych.2012.36067>
- Puslitbang Kehidupan Keagamaan. (2016). *Ketika perempuan bersikap: Tren cerai gugat masyarakat muslim*. Puslitbang Kehidupan Keagamaan.
- Regan, P. C. (2016). Loving unconditionally: Demographic correlates of the agapic love style. *Interpersona*, 10(1), 28-35. <https://doi.org/10.5964/ijpr.v10i1.199>
- Renanita, T., & Setiawan, J. L. (2018). Marital satisfaction in terms of communication, conflict resolution, sexual intimacy, and financial relations among working and non-working wives. *Makara Hubs-Asia*, 22(1), 12-21. <https://doi.org/10.7454/hubs.asia.1190318>
- Rhenardo, C. A., & Setiawan, J. L. (2017). Joint leisure time, communication, and marital satisfaction among taxi drivers. *Psychopreneur Journal*, 1(2), 106-114. <https://doi.org/10.37715/psy.v1i2.843>
- Shaud, S., & Asad, S. (2018). Marital adjustment, convergent communication patterns, and psychological distress in women with early and late marriage. *Current Psychology*, 39, 2326-2333. <https://doi.org/10.1007/s12144-018-9936-1>
- Spanier, G. B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and Family*, 1, 15-28. <https://doi.org/10.2307/350547>
- Tucker, C. M., & Horowitz, J. E. (1981). Assesment of factor in marital adjustment. *Journal of Behavior Assesment*, 3(4), 243-252. <https://doi.org/10.1007/BF01350828>
- Williams, B. K., Sawyer, S. C., & Wahlstrom, C. M. (2009). *Marriage, families, and intimate relationships* (2nd ed.). Pearson Education, Inc.
- Wulansari, O. D., & Setiawan, J. L. (2019). Hubungan antara psychological well-being dan marital adjustment pada remaja. *Psychopreneur Journal*, 3(1), 36-46. <https://doi.org/10.37715/psy.v3i1.906>
- Yalcin, B. M., & Karahan, T. F. (2007). Effects of a couple communication program on marital adjustment. *Journal of the American Board of Family Medicine*, 20(1), 36-44. <https://doi.org/10.3122/jabfm.2007.01.060053>
- Ziapour, A., Mahmoodi, F., Dehghan, F., Abadi, S. M. H. M., Azami, E., & Rezaei, M. (2017). Effectiveness of group counseling with acceptance and commitment therapy approach on couples' marital adjustment. *World Family Medicine Journal of Family Medicine*, 15(8), 230-236. <https://doi.org/10.5742/MEWFM.2017.93081>

Appendix

Table 1. Demographic Characteristics of Study Participants

| | <i>n</i> | % |
|---------------------------|----------|-------|
| Age | | |
| ≤ 25 years | 10 | 10.75 |
| 26–35 years | 69 | 74.19 |
| 36–45 years | 14 | 15.05 |
| Total | 93 | 100 |
| Education level | | |
| Junior high school | 5 | 5.4 |
| Senior high school | 36 | 38.7 |
| Diploma | 16 | 17.2 |
| Undergraduate | 33 | 35.5 |
| Master's | 3 | 3.2 |
| Total | 93 | 100 |
| Work duration | | |
| Part time | 12 | 12.9 |
| Full time | 81 | 87.1 |
| Total | 93 | 100 |
| Income/Salary | | |
| < Rp.3.000.000 | 10 | 10.8 |
| Rp 3.000.001–4.000.000 | 52 | 55.9 |
| Rp 4.000.001–5.000.000 | 11 | 11.8 |
| Rp 5.000.001–6.000.000 | 10 | 10.8 |
| Rp 6.000.001–7.000.000 | 2 | 2.2 |
| > Rp 7.000.000 | 8 | 8.6 |
| Total | 93 | 100 |
| Length of marriage | | |
| 0–5 | 54 | 58.06 |
| 6–10 | 39 | 41.94 |
| Total | 93 | 100 |
| Children | | |
| 0 | 21 | 22.6 |
| 1 | 48 | 51.6 |
| 2 | 21 | 22.6 |
| 3 | 2 | 2.2 |
| 4 | 1 | 1.1 |
| Total | 93 | 100 |

Table 2. Summary Regression Analysis of the Role of Communication and Marital Acceptance in Marital Adjustment for Dual Earners Married under 10 Years

| Dual Earner (N = 93) | | | | | | | | | | | | | | | | | | |
|----------------------|-----------------------------|----------------|------|---------------------------|------|----------------|------|------|---|----------------|-------------------------|--------------------------------|-------------------|------|------|-------------------------|-----------|---------------------------|
| Model | Unstandardized Coefficients | | | Standardized Coefficients | | | t | Sig. | R | R ² | Adjusted R ² | Standard Error of the Estimate | Change Statistics | | | Collinearity Statistics | | |
| | B | Standard Error | Beta | Beta | R | R ² | | | | | | | F Change | Df 1 | Df 2 | Sig. F Change | Tolerance | Variance Inflation Factor |
| 1 (Constant) | 15.195 | 4.33 | - | | 0.71 | 0.497 | 3.51 | 0.00 | | 0.49 | 0.49 | 6.71 | 89.85 | 1 | 91 | 0.000 | | |
| Marital acceptance | 0.615 | 0.07 | 0.71 | | | | 9.48 | 0.00 | | | | | | | | | 1.00 | 1.00 |
| 2 (Constant) | 5.962 | 5.24 | - | | 0.74 | 0.540 | 1.14 | 0.26 | | 0.540 | 0.540 | 6.45 | 8.46 | 1 | 90 | 0.05 | | |
| Marital acceptance | 0.537 | 0.07 | 0.62 | | | | 7.92 | 0.00 | | | | | | | | | 0.85 | 1.18 |
| Communication | 0.464 | 0.16 | 0.23 | | | | 2.91 | 0.01 | | | | | | | | | 0.85 | 1.18 |