

The Impact of Marriage Harmonization on Gender Equality in Indonesian Society

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Abstract: Marriage harmonization is a relevant topic in the social and cultural context of Indonesia. Indonesia, as a country with ethnic, religious, and cultural diversity, is the focus of this study. This research investigates how couples adjust and achieve harmony in their marriages, highlighting key aspects such as effective communication and conflict resolution. It reveals how specific cultural values and norms influence the dynamics of marriage, from gender roles to societal expectations of partners. Findings from this research can have broad social implications, such as offering new insights into supporting healthy relationships in society or informing marriage and family policies. The method used by the author is a qualitative method which pays attention to empirical data with library research.. Through this study, we can understand the strategies couples use to address challenges in their marriages, such as how they handle differences of opinion or tensions in their relationships.

Keywords: Harmony, marriage.

Introduction

The concept of marriage in the Indonesian context encompasses various values, norms, and traditions that influence how Indonesian society views and practices marriage. Marriage in Indonesia is considered a sacred bond between a man and a woman with the purpose of forming a family and continuing lineage. Marriage is also seen as a vessel for building emotional, spiritual, and social bonds between complementary partners.

The urgency of this research includes understanding the factors that influence harmony in marriage. This study can provide valuable insights to enhance overall family well-being, offer a fresh perspective on strategies and practices supporting healthy relationships between couples, thus reducing divorce rates and societal conflicts. Harmony in marriage contributes to improving the quality of life for couples and other family members, promoting happiness and well-being. This research can serve as a strong foundation for developing more effective policies in the field of

marriage and family, aligned with the diverse needs and dynamics of Indonesian society.

This study will seek answers to: How do married couples from various ethnic, religious, and cultural backgrounds in Indonesia understand and experience the dynamics of marital harmony? To what extent do cultural and religious values influence the patterns of marital harmony and gender role division in Indonesian society?

From the search results, several relevant previous studies were found, one of which is the research conducted by M. Zaki¹ with the title "Contextualization and Harmonization of Gender Equality in Social Reality." The research findings indicate that social changes and economic needs are essential parts of societal reality. The power of men is an inseparable part of the changing reality and culture.² This reality's strength is juxtaposed with texts and interpretations that do not evolve and consistently do not move from an increasingly dynamic reality. The research conducted by Muhammad Sabiq Rohmatulloh³ on Family Harmonization: A Study on the Commuter Marriage Phenomenon in Indonesia.

The research findings indicate that maintaining harmony in commuter marriages requires fulfillment of several aspects such as financial, biological, and psychological aspects. However, to meet these aspects, additional steps are needed to create a harmonious family. These steps are obtained by using Bourdieu's theory, namely social capital, charismatic, and habitus.

Research Method

This research adopts a qualitative approach, allowing the researcher to explore cultural, religious, and social aspects that influence marriage practices. The method used by the writer is a qualitative method which pays attention to empirical data through library research. It is carried out within an adjusted timeframe.

Library research as part of qualitative methods allows researchers to

¹ M. Zaki, Kontekstualisasi Dan Harmonisasi Kesetaraan Gender Dalam Realitas Sosial, *sophist; Jurnal social, politik, kajian Islam dan tafsir*, Vol. 1 No.2 Desember 2018.

² Husein Muhammad, *Islam Agama Ramah Perempuan* (Yogyakarta: IRCiSod, 2021), 23.

³ Muhammad Sabiq Rohmatulloh, Harmonisasi Keluarga Telaah Fenomena Commuter Marriage di Indonesia. *Jurnal Studi Islam Tasammuh* Vol.4 No.2 Tahun 2022.

access rich and diverse information from various sources such as academic journals, books, and previous research reports. This can enhance the uniqueness and depth of information generated from the study. In the context of research on marital harmony, qualitative methods can provide a broader space to understand sensitive and complex aspects such as the dynamics of personal and emotional lives of couples.

Results and Discussion

Adapting as a Couple to Achieve Marital Harmony

Marriage in Indonesia is seen as a bond between two families, not just between two individuals. Families play a crucial role in arranging and supporting marriages, including negotiations, determining the wedding date, and preparing for the event. Community Involvement: The community around the bridal couple also plays a role in marriage. The community provides support, participates in wedding processions, and attends wedding ceremonies as a form of solidarity and social connection.

Self-adjustment in marriage is an important process to achieve harmony between two individuals who have different backgrounds, values, and habits. In this context, couples must be willing and able to adapt, understand, and appreciate the differences and similarities between them. Here are some important points to consider in discussing couples' self-adjustment to achieve marital harmony:⁴

Effective Communication: Open, honest, and empathetic communication is crucial in building marital harmony. Couples need to learn to listen attentively, express feelings clearly, and resolve conflicts constructively.

Acceptance of Differences: Each individual has different backgrounds, habits, and thought patterns. It is important for couples to accept these differences as part of each other's uniqueness and avoid attempts to change their partner according to personal expectations.

Compromise: The ability to compromise is key in self-adjustment.

⁴ Marina Zanella Delatorre Marital Quality Assessment. : Reviewing the Concept, Instruments, and Methods, Taylor Francis, cited by 43 2020. <https://www.tandfonline.com/doi/abs/10.1080/01494929.2020.1712300>

Couples need to learn to reach agreements that satisfy both parties, both in major decisions and in daily minor matters.⁵

Maintaining Balance: Marital harmony also involves maintaining a balance between individual needs and shared needs. Couples should understand that while maintaining a healthy relationship, they also need to take care of their physical, emotional, and social health.

Team Thinking: Harmonious couples see themselves as a team, not opponents. They collaborate to achieve shared goals, support each other in success and failure, and build visions and dreams together.

Learning from Experience: Every couple will face challenges and conflicts in their marital journey.⁶ What's important is to learn from these experiences, grow together, and take necessary steps to improve the quality of their relationship.

Empathy: The ability to understand and feel each other's feelings and perspectives is crucial. By being empathetic, couples can support each other, understand each other's feelings, and deepen their relationship.

Appreciation of Both Parties: Finally, but no less important, is appreciating the partner as a valuable individual.⁷ Regularly showing appreciation, praise, and gratitude can strengthen emotional bonds and increase mutual trust and affection.

By undergoing a healthy self-adjustment process and implementing these principles, couples can achieve harmony in their marriage. This harmony not only creates personal happiness and satisfaction but also builds a strong foundation for building a happy and successful future together.

Social, Cultural, and Religious Aspects in Marriage in Indonesia

In Indonesia, there are various wedding customs based on regional cultural diversity. Each region has unique traditions, processes, and protocols for marriage. These customs reflect the cultural richness of the local area and are an integral part of the cultural identity of the local community. Marriages in Indonesia often involve traditional ceremonies

⁶ Moving forward together, stronger, and closer: An interpretative phenomenological analysis of marital benefits in infertile couples *Journal of Health Psychology*. 2020;25(10-11):1532-1542. doi:10.1177/1359105318764283

⁷ LEBUDA, Izabela; CSIKSZENTMIHALYI, Mihaly. All you need is love: The importance of partner and family relations to highly creative individuals' Well-being and success. *The Journal of Creative Behavior*, 2020, 54.1: 100-114.

rich in symbolism and⁸ ritual. For example, in Javanese traditional weddings, there are rituals such as "*siraman*," "*midodareni*," and "*panggih*." These ceremonies reflect values, beliefs, and cultural norms passed down from generation to generation.⁹

The social, cultural, and religious aspects of marriage in Indonesia are interconnected and mutually influential. Cultural and religious values, as well as social norms, form the foundation and guidelines for conducting marriages. Despite diversity in marriage practices across different regions and religions, alignment between social, cultural, and religious aspects is crucial in achieving harmony in marriages in Indonesia.

Marriage as a Social Institution

Marriage is a social institution that plays a crucial role in society. As a social institution, marriage involves norms, values, rules, and expectations recognized and practiced by members of society. Here are several aspects that explain the importance of marriage as a social institution:

Marriage is the primary mechanism for forming families. Married couples are officially recognized as husband and wife, and they have the responsibility to build and maintain intimate relationships as well as to expand the family through reproduction. Families formed through marriage are the basic units in society that play a vital role in raising children and continuing lineage.

Marriage regulates the sexual relationship between husband and wife. In the context of marriage, sexual relations are deemed legitimate and permissible according to societal norms and values. Marriage provides a legal and moral framework for consensual sexual relationships between married couples.

Marriage involves the division of roles and responsibilities between husband and wife. Couples affirm their roles within the household and society, and they have responsibilities in carrying out tasks related to these roles. This division of roles can include domestic duties, child-rearing, family income, and joint decision-making.¹⁰

⁸ Cucu Widaty, dkk. Ritual Mandi Pengantin Dalam Upacara Perkawinan Adat Banjar Di Martapura Kalimantan Selatan, (J-Psh) Jurnal Pendidikan Sosiologi Dan Humaniora Volume 13 Number, 2 Oktober 2022.

⁹ Rochmatini Yadiana, upacara tumplak punjen dalam prosesi panggih pernikahan adat jawa di kota malang, e-Jurnal, Volume 09 Nomor 2(2020), Edisi Yudisium 2 Tahun 2020 Hal 465 - 472

¹⁰ Dyah Purbasari Kusumaning Putri, Pembagian Peran Dalam Rumah Tangga Pada

Marriage plays a crucial role in maintaining social stability within society. Married couples are recognized to have a stronger commitment in their relationship. Stable and harmonious marriages contribute to broader social stability, as healthy relationships between husband and wife can impact family well-being, social order, and community cohesion.

Marriage is governed by laws and regulations within society. Marriage laws regulate the requirements, procedures, rights, and obligations of married couples.¹¹ This legal protection ensures rights and obligations for couples, as well as providing a legal basis for dispute resolution and safeguarding the interests of involved parties.

Marriage as a social institution plays a crucial role in forming and maintaining family relationships, expanding lineage, ensuring social stability, and providing a legal foundation for married couples. The institution of marriage also reflects values, norms, and expectations recognized by society, although these norms and expectations related to marriage in Indonesian society can vary depending on culture, religion, and social context. Here are some examples of norms and common expectations related to marriage in Indonesian society.¹²

Family Involvement: Families play a crucial role in marriages in Indonesia. A common norm is active family involvement in the partner selection process, wedding planning, and decision-making related to marriage. Family support and approval are considered essential for maintaining harmony and stability in marriage.

Fulfilling Gender Roles: Social norms also influence expectations regarding gender roles in marriage in Indonesia. Traditionally, husbands are expected to play the role of the head of the family, leading and providing for economic needs, while wives are expected to take on domestic roles and support their husbands in fulfilling their responsibilities. However, this view continues to evolve with social developments and

Pasangan Suami Istri Jawa, Jurnal Penelitian Humaniora, Vol. 16, No. 1, Februari 2015.

¹¹ Kustini, Perempuan, Keluarga, dan Perubahan Sosial, Badan Riset Dan Inovasi Nasional, Tahun 2021.

¹² Heterosexual Marriage: A common norm in Indonesia is that marriage occurs between a man and a woman. The concept of marriage aligns with heterosexual views, where a legitimate relationship occurs between a man and a woman to form a family. Tengku Erwinsyahbana, Sistem Hukum Perkawinan Pada Negara Hukum Berdasarkan Pancasila, Jurnal Ilmu Hukum Vol. 3. No.1. Tahun 2022.

awareness of gender equality.

Maintaining Family and Community Relationships: A strong norm in Indonesian society is the importance of maintaining good relationships with family and community after marriage. Couples are expected to foster harmonious relationships with their respective families and remain connected with the community, including through participation in family events and social activities.

Social Status Enhancement: Marriage is often associated with an increase in social status in Indonesian society. Married couples are seen as more mature, responsible, and respected within the community. Marriage is considered a significant step in life's journey, indicating readiness to start a family and take responsibility for household life.

Marriage and balanced gender roles also have significant economic impacts. When men and women have equal roles in marriage, they can contribute effectively to the workforce and family income. This can drive economic growth, reduce economic disparities, and enhance the well-being of families and society as a whole. Balanced marriages in terms of gender roles can empower women. When women have equal access to education, job opportunities, and participation in decision-making, they can fully develop their potential, make real contributions to national development, and address existing gender gaps.

Harmonious marriages with balanced gender roles create a stable and secure environment for family members, including children. Research indicates that children raised in families with equal gender roles tend to have better emotional, social, and intellectual development.¹³ Gender equality in marriage also impacts the improvement of health and well-being in society at large. When women have greater knowledge and decision-making power regarding reproductive health, for example, the health of mothers and children can be enhanced. Furthermore, gender equality can help reduce domestic violence and discrimination against women.

Cultural and Religious Values Influence Patterns of Marital Harmony and Gender Role Distribution in Indonesian Society."

Challenges and changes occurring with gender roles in marriage.

¹³ Rusmadi, Pengarusutamaan Gender Dalam Kebijakan Perubahan Iklim Di Indonesia, Sawwa – Volume 12, Nomor 1, Oktober 2016.

Gender roles in marriage in Indonesia have undergone changes from highly polarized traditional roles between men and women.¹⁴ Women are increasingly involved in activities outside the home, such as education, careers, and economic empowerment. This creates challenges in balancing domestic roles and professional roles within marriage. Social and economic changes have brought about dual demands for men and women in marriage. Men are expected to remain the economic backbone of the family, while women are also required to contribute to family finances, in addition to fulfilling domestic roles and caring for children¹⁵. These challenges often result in tensions in dividing responsibilities and time between the two partners.

Globalization has brought significant influence on gender roles in marriage. Values derived from Western culture, including concepts of gender equality, influence perceptions and expectations regarding gender roles in marriage in Indonesia.¹⁶ These changes can create tensions with traditional values and norms in Indonesian society. Despite changes in gender roles in marriage, there is still inequality in the division of domestic tasks and childcare responsibilities. The disproportionate burden on women in terms of household chores and childcare can hinder their career development and social involvement.¹⁷

Persistent gender stereotypes in society can be a challenge in achieving marital harmony and gender roles. Social expectations about how men and women should behave in marriage often do not align with individual aspirations and social changes.¹⁸

Overview of challenges and changes in gender roles in marriage in Indonesia. It is important to remember that these challenges may vary in

¹⁴ Raj, A. 2010. When the mother is a child: The impact of child marriage on the health and human rights of girls. Boston. Archives of disease in childhood.

¹⁵ Karimullah, Suud Sarim, et al. "The relevance of feminism in promoting gender reform in the context of progressive Islam." *Jurnal Anifa: Studi Gender Dan Anak* 4.2 (2023): 1-15.

¹⁶ Amiruddin Mustam, *Budaya Gender Dalam Masyarakat Perspektif Temporal Ekologi Dan Sosial Ekonomi*, *Jurnal Al-Maiyyah*, Volume 10 No. 1 Januari-Juni 2017.

¹⁷ Muhammad Irfan Syuhudi, *Berbagi Kuasa: Kesetaraan Peran Suami Istri Dalam Rumah Tangga*, *Jurnal Agama dan Kebudayaan*, Vol. 8 No.1 Tahun 2022.

¹⁸ Limited gender education and awareness in some areas or social groups are also challenges. When knowledge about the importance of gender equality in marriage is not widely disseminated, achieving greater social changes in gender roles may be difficult. Misbah Zulfa Elizabeth, *Reproduksi Gender Melalui Transmisi teks Agama, Teologia*, Vol. 23 No.1 2012.

each context and social group, and continuous efforts are needed to achieve better marital harmony and gender roles.

The concept of marital harmony and gender roles The concept of marital harmony and gender roles refers to creating a balance and alignment between husbands and wives in carrying out their roles and responsibilities in the context of marriage.¹⁹

Gender Equality: The concept of gender equality is the foundation of marital harmony and gender roles. This means that men and women are considered to have equal rights, responsibilities, and opportunities in marital relationships. Gender equality includes equal decision-making, division of tasks and responsibilities, educational and career opportunities, as well as economic empowerment.

Fair Division of Tasks: Marital harmony and gender role harmonization involve a fair division of tasks between husbands and wives. This means considering the interests, skills, and preferences of each partner in determining domestic tasks, childcare, and work outside the home. A fair and flexible division of tasks allows both partners to develop their full potential and achieve a work-life balance.

Communication and Negotiation: Marital harmony and gender role harmonization require good communication between husbands and wives. Open and honest communication allows both partners to understand and respect each other's needs, expectations, and aspirations. Effective negotiation is also necessary to reach agreements on task division, decision-making, and family resource management.

Equality in Decision-Making: Marital harmony and gender role harmonization involve equality in decision-making. Significant decisions, whether related to the family or individuals, should involve both partners in the process. This ensures that both voices and perspectives are valued and considered fairly.

Emotional and Psychological Support Channels: Marital harmony and

¹⁹ This harmony involves recognizing and appreciating equal rights, opportunities, and obligations between men and women in marriage, as well as supporting each other in developing individual potential and meeting family needs. Here are some concepts related to marital harmony and gender roles. Muhammad Irfan Syuhudi, *Berbagi Kuasa: Kesetaraan Peran Suami Istri Dalam Rumah Tangga*, Jurnal Agama dan Kebudayaan, Vol. 8 No.1 Tahun 2022.

gender role harmonization involve emotional and psychological support channels between husbands and wives. Both partners should support and understand each other in facing challenges, stress, and changes in marital life. Strong emotional support can enhance the quality of marital relationships and improve overall well-being.

Supporting Factors

Factors that support or hinder marital harmony and gender role harmonization can vary depending on specific cultural, social, and economic contexts. Here are some factors that commonly influence marital harmony and gender roles harmonization.²⁰ Gender Awareness and Education: High gender awareness and equal access to education for both men and women can support marital harmony and gender role harmonization. Education that provides an understanding of the importance of gender equality and active male involvement in household tasks can change traditional perceptions of gender roles.

Communication and Commitment: Open communication, active listening, and mutual understanding between husbands and wives are essential factors in achieving marital harmony and gender role harmonization. Mutual commitment to understanding and meeting each other's needs and making joint decisions can strengthen the bond in marriage.

Economic Equality: Equality in access to job opportunities and economic resources can support marital harmony and gender role harmonization. When partners have equal opportunities to participate in economic activities, they can support each other financially and feel equally contributing in marital life.

Fair Division of Tasks: A fair and balanced division of tasks and responsibilities between husbands and wives can help create marital harmony and gender role harmonization. This involves determining flexible roles where both partners can contribute to domestic tasks, childcare, and careers while considering interests, skills, and preferences.

Factors that Inhibit Marital Harmony and Gender Role Harmonization:

Cultural Norms and Traditions: Strong cultural norms and patriarchal traditions can hinder marital harmony and gender role harmonization.

²⁰ Amiruddin Mustam, *Budaya Gender Dalam Masyarakat Perspektif Temporal Ekologi Dan Sosial Ekonomi*, Jurnal Al-Maiyyah, Volume 10 No. 1 Januari-Juni 2017.

Rigid expectations regarding the roles of men and women in marriage can limit the possibility of change and impede gender equality.

Power Imbalances: Power imbalances in marital relationships can be a barrier to marital harmony and gender role harmonization. When one partner has greater control and influence in decision-making and resource allocation, achieving equality in marriage becomes challenging.

Lack of Social Support: Insufficient social support from the surrounding environment can complicate marital harmony and gender role harmonization. Pressure from family, friends, or society that does not support gender roles can hinder progress.

The Concept of Marital Harmony and Gender Roles

The concept of marital harmony and gender role harmonization involves creating balance, alignment, and mutual support between husbands and wives in various aspects of marital life, while considering gender equality.²¹ Here are some concepts related to marital harmony and gender roles. Marital harmony involves recognizing and valuing the equality of rights, responsibilities, and opportunities between husbands and wives. This includes fair division of tasks and responsibilities, as well as joint decision-making in marriage.

Effective communication between husbands and wives is a crucial element in marital harmony. Couples need to communicate openly, honestly, and empathetically to convey their needs, expectations, and issues that arise in their relationship. Marital harmony involves understanding and appreciating each other's roles, needs, and aspirations. Husbands and wives need to understand and respect the uniqueness, differences, and contributions they bring to the marriage. Marital harmony involves flexibility in the roles played by husbands and wives.²²

Couples need to acknowledge that roles and responsibilities can change over time, depending on different needs and circumstances.²³ The

²¹ Adela, F.P. Zakaria, Nurlela, & Arifin, A. Politik Gender dan Otonomi Daerah: Upaya Pemenuhan Hak Perempuan Nelayan di Desa Sei Nagalawan. JPPUMA: Jurnal Ilmu Pemerintahan dan Sosial Politik UMA (Journal of Governance and Political Social UMA), 7 (1) 2019.

²² Amiruddin Mustam, Budaya Gender Dalam Masyarakat Perspektif Temporal Ekologi Dan Sosial Ekonomi, Jurnal Al-Maiyyah, Volume 10 No. 1 Januari-Juni 2017.

²³ Marital harmony involves cooperation and collaboration between husbands and wives in managing various aspects of married life, including finances, child education, domestic work, and other important decisions. Couples need to work as a supportive team and collaborate to achieve common goals. Marital harmony also involves mutual

concept of marital harmony and gender role harmonization leads to a healthy, equal, and supportive relationship between husbands and wives. Through equality, effective communication, understanding, and cooperation, couples can achieve a balance in fulfilling their gender roles within the context of marriage. The importance of marital harmony and gender role harmonization Marital harmony and gender role harmonization have many significant benefits and importance, both for married couples and for society at large. Here are some reasons why marital harmony and gender role harmonization are crucial:²⁴

Relationship Satisfaction: When gender roles are balanced and there is mutual understanding and cooperation, couples experience higher levels of satisfaction in their relationship. This leads to a happier and more fulfilling marriage. **Emotional Well-being:** Harmonious marriages contribute to emotional well-being for both partners. Effective communication and understanding help in resolving conflicts, reducing stress, and promoting mental health.

Family Stability: Marital harmony and gender role harmonization are key factors in maintaining family stability. When couples work together in managing household responsibilities, parenting, and decision-making, it creates a stable and supportive environment for children. **Gender Equality:** By promoting gender role harmonization, marriages contribute to the broader goal of achieving gender equality in society. When both partners have equal opportunities and responsibilities, it challenges traditional gender norms and promotes fairness and inclusivity.

Role Modeling: Harmonious marriages serve as positive role models for future generations. Children growing up in households where gender roles are balanced and there is mutual respect learn valuable lessons about healthy relationships and equality. **Social and Economic Benefits:** Gender role harmonization in marriages can lead to positive social and economic outcomes. When both partners are actively involved in decision-making and contributing to the family's financial well-being, it can lead to better

understanding and empathy between husbands and wives. Couples need to make an effort to understand each other's feelings, needs, and perspectives, and involve empathy in building a harmonious relationship. Dyah Purbasari Kusumaning Putri, *Pembagian Peran Dalam Rumah Tangga Pada Pasangan Suami Istri Jawa*, Jurnal Penelitian Humaniora, Vol. 16, No. 1, Februari 2015.

²⁴ Geertz, Clifford. 1992. *Tafsir Kebudayaan*, Yogyakarta: Kanisius Press.

financial stability and overall societal progress.

Reduced Conflict: When gender roles are harmonized, there is often a reduction in conflicts related to unequal expectations and responsibilities. This fosters a more peaceful and harmonious marital environment. Overall, marital harmony and gender role harmonization are fundamental for building strong, resilient, and equitable relationships within marriages and contribute positively to societal well-being. The well-being of couples: Marital harmony and gender role harmonization create balance and alignment in marital relationships. Couples who live in harmony experience higher levels of satisfaction and well-being. They can manage conflicts in a healthy way, support each other, and contribute to each other's happiness and success.

Marital harmony and gender role harmonization promote equality and fairness between husbands and wives. This involves a fair division of tasks and responsibilities, joint decision-making, and recognition of the rights and aspirations of each partner. Couples who live in harmony can build an equal relationship where both parties feel valued and acknowledged.

Harmonizing marriage and gender roles has a positive impact on the mental and emotional health of couples. They are better able to manage stress, improve their quality of life, and overcome life challenges with mutual support and understanding. Marital harmony helps reduce the risk of conflicts and tensions that can negatively affect the mental and emotional health of couples.²⁵

Marriage and gender role harmonization form the foundation for building a strong and stable family. Couples who live in harmony are able to forge stronger emotional bonds, build mutual understanding, and provide sustained support. This has a positive impact on children's development and creates a healthy and stable family environment.²⁶

Marriage and gender role harmonization contribute to broader social change and the development of an inclusive society. When couples demonstrate equal and supportive roles in marriage, it can influence society's views and attitudes toward gender equality. This has the potential to create a more inclusive environment, valuing the contributions of all

²⁵ Etikawati, A.I. Siregar, J.R. Jatnika, R. & Widjaja, H. Pengembangan Instrumen Pengasuhan Berbasis Nilai Budaya Jawa. *Jurnal Ilmu Keluarga & Konsumsi*. 12(3) 2019.

²⁶ Kustini, Perempuan, Keluarga, dan Perubahan Sosial, Badan Riset Dan Inovasi Nasional, Tahun 2021.

individuals regardless of gender.

The importance of marriage and gender role harmonization not only impacts the personal lives of couples but also contributes to social development, community well-being, and broader gender equality. Through a commitment to living in harmony and respecting equal gender roles, couples can create mutually supportive relationships.

Education and Gender

Education and gender awareness play a crucial role in achieving better marriage and gender role harmonization in society.²⁷ Here are some points that explain the importance of education and gender awareness:

Overcoming Gender Stereotypes: Education and gender awareness help overcome gender stereotypes that limit and influence gender roles in marriage. Through inclusive education and deep understanding of gender equality, society can change narrow views and expectations based on gender. **Awareness of Rights and Equality:** Education and gender awareness provide an understanding of gender rights and the importance of equality in marital relationships. This includes understanding individual rights, equal opportunities, freedom from violence, and fair access to resources and opportunities.

Encouraging Attitude Change: Education and gender awareness can inspire more positive attitudes toward gender roles in marriage. By spreading accurate knowledge and providing real examples of gender role diversity, society can change limiting perceptions and attitudes about gender roles in marriage.

Developing Communication and Conflict Skills: Gender education can help couples develop better communication skills and manage conflicts in a healthy and constructive manner. With an understanding of differences in perspectives and needs between spouses, couples can develop the ability to listen empathetically, express needs effectively, and seek mutually beneficial solutions.

Strengthening Self-Awareness: Education and gender awareness help couples strengthen their self-awareness regarding their gender roles in marriage. Couples can explore their values, beliefs, and expectations regarding gender roles and consider necessary changes to achieve harmony

²⁷ Misbah Zulfa Elizabeth, *Reproduksi Gender Melalui Transmisi teks Agama, Teologia*, Vol. 23 No.1 2012.

in marriage.

Encouraging Active Participation: Gender education encourages active participation and involvement of both spouses in decision-making and responsibilities in marriage. This includes providing equal opportunities to contribute, share responsibilities, and plan together to build a healthy and supportive relationship.

Through better education and gender awareness, society can bring positive changes in marriages and ensure that gender roles are recognized, valued, and treated equally. Gender education should start from formal education in schools and universities and be reinforced through social campaigns, training, and advocacy. Communication and negotiation in marriage are essential factors in achieving harmony and balance between spouses.²⁸ Open and honest communication between husband and wife is crucial in marriage. Couples need to share their feelings, thoughts, needs, and hopes with each other. Effective communication allows couples to understand well what their partner expresses and respond appropriately. Listening with empathy is a crucial skill in marital communication. Couples should strive to understand their partner's perspective, feelings, and needs with full empathy.²⁹ This creates a sense of understanding and support between husband and wife. It is important for couples to maintain a non-defensive attitude during communication. Accepting feedback and criticism openly without feeling attacked or defensive will build a healthy and productive communication environment. Couples need to engage in regular communication to discuss various aspects of married life, including goals, expectations, roles, and responsibilities. Scheduling time to talk regularly and discussing important matters helps couples stay connected and build a better understanding of each other.³⁰ Conflict is a natural part of marital relationships. It is important for couples to handle conflicts wisely through constructive communication and fair negotiation. Identifying issues, listening to each other's perspectives, seeking mutually beneficial solutions, and avoiding defensiveness or blame are important steps in

²⁸ Retno Putri, *Persepsi Perkawinan Usia Dini Dan Pemberdayaan Gender (Studi Kasus Desa Pancawati Kecamatan Caringin Kabupaten Bogor, Sosioglobal: Jurnal Pemikiran dan Penelitian Sosiologi*, Vol.3 No.1 2018.

²⁹ Raj, A. 2010. *When the mother is a child: The impact of child marriage on the health and human rights of girls*. Boston. Archives of disease in childhood.

³⁰ Rusmadi, *Pengarusutamaan Gender Dalam Kebijakan Perubahan Iklim Di Indonesia*, Sawwa – Volume 12, Nomor 1, Oktober 2016.

managing conflicts well.

Patriarchal Social and Cultural Norms Patriarchal

Social and cultural norms can be a challenge in achieving marital harmony and gender role equality. In this context, patriarchal social and cultural norms refer to mindsets, values, and expectations that give greater power and dominance to men in marital relationships. Some impacts and challenges that arise from patriarchal social and cultural norms are as follows:³¹ Gender Role Boundaries: Patriarchal social norms tend to limit gender roles and expectations in marriage. Men are often expected to be dominant leaders and financially responsible, while women are expected to take on the role of motherhood and be responsible for household chores. This can hinder flexibility and creativity in establishing more balanced and equal roles between husband and wife.

Imbalance in Task Distribution: Patriarchal norms can lead to an imbalance in the division of domestic tasks and responsibilities within the household. Generally, household chores and child-rearing are still seen as primarily women's responsibilities. This imbalance can lead to unfair workloads and limit women's full participation in careers and personal development.

Limitations in Decision-Making: Patriarchal social norms often give men greater power and authority in decision-making within marriage. This can hinder women's active participation in decision-making processes related to family life, finances, and future plans. This inequality can result in injustice and a lack of recognition of women's voices and perspectives.

Conformity Pressure: Patriarchal social norms can also create conformity pressure for couples to meet societal expectations and norms. Couples may feel bound by societal expectations and find it challenging to express their individual identities and aspirations within marriage. This can hinder personal growth and happiness in marital relationships.

Recognition of Domestic Violence: Patriarchal social norms often result in minimal recognition of domestic violence against women. Domestic violence can be part of unhealthy and harmful power dynamics for women. This injustice creates an unsafe and detrimental environment within marriages. Power Imbalance in Marital Relationships: Power imbalance in marital relationships refers to the unequal distribution of power, decision-

³¹ Rusmadi, Pengarusutamaan Gender Dalam Kebijakan Perubahan Iklim Di Indonesia, Sawwa – Volume 12, Nomor 1, Oktober 2016.

making, and control that occurs between husband and wife.³²

Some consequences and challenges that arise from power imbalances in marriage are as follows:

Unfair Decision-Making: Power imbalances can lead to unfair decision-making in marriage. Partners with greater power tend to have more control over decisions related to family life, finances, and future plans. Partners who lose control over these decisions may feel undervalued and lack autonomy in their marital life. **Inequality in Task Division:** Power imbalances can cause an imbalance in the division of tasks and responsibilities within the household. Partners with greater power may determine which tasks to do and how they are divided. This can result in an unfair workload for partners with less power.

Violence and Abuse: Extreme power imbalances can create an environment vulnerable to violence and abuse in marital relationships. Dominant partners may exploit their spouses physically, emotionally, or financially. This power inequality creates opportunities for unhealthy and harmful behavior. **Limitations in Self-Expression:** Power imbalances can limit the ability of partners with less power to express themselves and uphold their desires and needs. Partners may feel they lack autonomy in expressing opinions, desires, and aspirations, leading to dissatisfaction and self-suppression.

To address power imbalances in marital relationships, it's crucial to promote awareness and understanding of the importance of equality, mutual respect, and open communication. Couples should collaborate to reach agreements in decision-making, share tasks and responsibilities fairly, and create a safe and supportive environment. This process requires commitment and effort from both partners to achieve a balanced and harmonious marital relationship.³³

Some of the challenges that arise due to injustice in the division of roles and responsibilities in marriage are as follows:

Firstly, injustice in the division of domestic tasks can lead to an imbalance of workload between husbands and wives. When household chores and childcare responsibilities are disproportionately shouldered by

³² Etikawati, A.I. Siregar, J.R. Jatnika, R. & Widjaja, H. Pengembangan Instrumen Pengasuhan Berbasis Nilai Budaya Jawa. *Jurnal Ilmu Keluarga & Konsumsi*. 12(3) 2019.

³³ Amiruddin Mustam, Budaya Gender Dalam Masyarakat Perspektif Temporal Ekologi Dan Sosial Ekonomi, *Jurnal Al-Maiyyah*, Volume 10 No. 1 Januari-Juni 2017.

one partner, it can result in fatigue, stress, and dissatisfaction within the relationship.

Secondly, unfairness in the division of financial responsibilities can also be a source of conflict. When one partner feels that the financial burden is too heavy on them, it can affect the family's economic stability and create tension within the relationship.

Thirdly, injustice in decision-making responsibilities can hinder individual growth and a healthy relationship³⁴. When important decisions are solely made by one partner while the other does not have an equal voice, it can lead to dissatisfaction and feelings of not being valued.

Fourthly, inequality in the division of gender roles in marriage can also limit career development and social engagement for one partner. When specific roles are rigidly attributed based on gender, it can hinder individuals' potential to grow and contribute fully to family life and society. By addressing the injustice in the division of roles and responsibilities in marriage, couples can create a more balanced, harmonious, and supportive environment for both parties. This requires open communication, fair negotiation, and awareness of the importance of gender equality and active participation in marriage:³⁵

The challenges that arise due to injustice in the division of roles and responsibilities in marriage are as follows:

Imbalance of Workload: Inequality in the distribution of tasks and responsibilities can lead to an uneven workload between husbands and wives.³⁶ One partner may experience an excessive workload, while the other has more time and energy for personal activities or career advancement. This imbalance can cause unnecessary stress and fatigue in the marital relationship.

Dissatisfaction and Tension: Inequality in the division of roles and responsibilities can lead to dissatisfaction and tension in the marital relationship. Partners who feel undervalued or believe their workload is not

³⁴ Nisa, Ihda Shofiyatun, Suud Sarim Karimullah, And Siti Aminah. "Arif Sugitanata's Argumentation In Cultivating A Sakinah Family In Long Distance Marriage Conditions." *At-Ta'lim* 2.1 (2022): 72-80.

³⁵ Misbah Zulfa Elizabeth, *Reproduksi Gender Melalui Transmisi teks Agama, Teologia*, Vol. 23 No.1 2012.

³⁶ Sugitanata, Arif. "Membumikan Fikih Flexi-Parenting Sebagai Suatu Pendekatan dalam Pengasuhan Anak di Era Modern." *At-Ta'awun: Jurnal Mu'amalah dan Hukum Islam* 3.1 (2024): 20-49.

recognized may experience stress and frustration that negatively impact marital harmony.

Closing

Based on research conducted on marital harmony and gender roles in Indonesian society, several conclusions can be drawn: Marital Harmony Dynamics: The research indicates that marital harmony in Indonesian society is influenced by various factors, including effective communication between spouses, equality in the division of roles and household responsibilities, as well as positive social and cultural support from the surrounding environment. Marital harmony is also reflected in the level of satisfaction and emotional well-being of couples. Gender Roles in Marriage: Gender roles in Indonesian marriages are still influenced by diverse social and cultural norms. Although there has been progress in gender equality, such as increased women's participation in economic and public life, there are still traditional expectations regarding specific roles expected from husbands and wives.

Based on the research findings, efforts are needed to enhance understanding of the importance of marital harmony and gender equality in Indonesian society. Education and advocacy on effective communication, equality in household task division, and respect for individual rights in marital relationships can be crucial steps towards creating harmonious and balanced husband-wife relationships in terms of gender. In conclusion, marital harmony and gender roles are significant aspects in understanding the dynamics of families and Indonesian society. By considering the factors that influence both aspects, efforts can be made to improve the quality of marital relationships and overall family well-being.

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