

## ABSTRAK

Istri yang menjalani *commuter marriage* memiliki kondisi dan beban yang berbeda dengan pasangan atau istri lain yang tinggal bersama pasangan. Beban istri atau pasangan yang menjalani *commuter marriage*, dapat memicu permasalahan dan konflik sehingga dapat menjadi sumber stres. Menurut hasil penelitian-penelitian sebelumnya, dukungan sosial suami memiliki hubungan dengan tingkat stres. Dukungan sosial suami merupakan salah satu hal yang penting bagi istri dalam menghadapi kondisi-kondisi yang membebani dan mengancam *well-being* dalam menjalani *commuter marriage* tipe *adjusting*.

Penelitian ini menggunakan metode studi korelasional dan bertujuan untuk mengetahui hubungan antara dukungan sosial suami dengan tingkat stres istri. Partisipan pada penelitian ini berjumlah 85 orang istri yang sedang menjalani *commuter marriage* tipe *adjusting*. Teknik pengambilan data dilakukan dengan *accidental sampling*. Pengumpulan data dilakukan dengan memberikan kuesioner secara *online* yang berisikan alat ukur stres yang peneliti adaptasi dari penelitian Pertiwi (2019) dan alat ukur dukungan sosial suami peneliti adaptasi dari penelitian Sari (2012) yang sudah peneliti modifikasi. Data diperoleh dengan melakukan Uji *Rank-Spearman*. Validitas yang digunakan adalah *evidence based on test content*, yaitu *expert judgment* dan *face validity*. Reliabilitas alat ukur dukungan sosial suami adalah 0,945 dan alat ukur stres adalah 0,866

Hasil penelitian menunjukkan adanya hubungan yang signifikan antara dukungan sosial suami dan stres istri, hubungan ini bersifat negatif ( $r = -0,399$ ;  $p = 0,000$ ). Artinya, semakin besar dukungan sosial yang suami berikan, maka akan semakin rendah pula stres istri. Walaupun terdapat hubungan yang signifikan, namun berdasarkan kriteria koefisien Champion (1971) kekuatan hubungan pada penelitian ini termasuk dalam kategori lemah, dengan koefisien determinasi sebesar 16%, hal ini menunjukkan bahwa dukungan sosial suami memberikan kontribusi sebesar 16% terhadap stres istri yang menjalani *commuter marriage* tipe *adjusting*, dengan 84% dijelaskan oleh variabel lain yang tidak diteliti pada penelitian ini.

Kata Kunci: Dukungan Sosial, Stres, *Commuter marriage*

## ABSTRACT

Wives who undergo commuter marriage have different conditions and burdens with other couples or wives who live with a partner. The burden of a wife or partner undergoing commuter marriage, can trigger problems and conflict so that it can be a source of stress. According to the results of previous studies, the husband's social support has a relationship with stress levels. Husband's social support is one of the important things for the wife in dealing with conditions that burden and threaten well-being in undergoing commuter marriage type adjusting.

This study uses a correlational study method and aims to determine the relationship between husband's social support and wife's stress level. The participants in this study were 85 wives who were undergoing commuter marriage type adjusting. The data collection technique was done by accidental sampling. Data collection was carried out by giving online questionnaires containing stress measurement tools that researchers adapted from the Pertiwi study (2019) and measuring tools for social support for adaptation researchers' husbands from Sari's (2012) research that had been modified researchers. Data obtained by doing Rank-Spearman Test. The validity used is evidence based on test content, namely expert judgment and face validity. The reliability of the husband's social support measuring instrument is 0.945 and the stress measuring instrument is 0.866

The results showed a significant relationship between husband's social support and wife stress, this relationship was negative ( $r = -0.399$ ;  $p = 0.000$ ). That is, the greater the social support that a husband provides, the lower the wife's stress will be. Although there is a significant relationship, based on the Champion coefficient criteria (1971) the strength of the relationship in this study is included in the weak category, with a coefficient of determination of 16%, this shows that the husband's social support contributed 16% to the stress of the wife undergoing commuter marriage type of adjusting, with 84% explained by other variabls not examined in this study.

Keywords: Social Support, Stress, Commuter marriage

