

## ABSTRAK

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Program Studi : Psikologi  
Judul Skripsi : Hubungan antara Self-Esteem dengan Kepuasan  
Pernikahan pada Generasi Millennial Usia Dewasa Awal.  
Pembimbing : Wenny Hikmah Syahputri, S.Psi, M.Psi

Pernikahan yang bahagia merupakan impian setiap orang termasuk para generasi millennial. Pada dasarnya generasi millennial memiliki sifat yang khas seperti percaya diri, berorientasi pada pencapaian, kritis dan suka mencari tantangan baru. Hal tersebut membuat mereka terlihat tak pernah puas. Banyak pasangan muda yang bercerai karena tidak merasakan adanya kepuasan pernikahan. Salah satu faktor yang menjadi penyebab tidak adanya kepuasan pernikahan adalah *self-esteem*. Orang dengan *self-esteem* sehat menghargai dirinya sendiri dan dapat mengendalikan tingkah laku. Penelitian ini bertujuan untuk mengetahui pengaruh *self-esteem* terhadap kepuasan pernikahan pada generasi *millennial* usia dewasa awal. Penelitian ini dilakukan kepada 132 partisipan yang sudah menikah pada usia dewasa awal. Pengukuran *self-esteem* dalam penelitian ini menggunakan instrument Coopersmith *Self-Esteem Inventory* (CSEI). Untuk mengukur kepuasan pernikahan instrument yang digunakan adalah *Enrich Marital Satisfaction* (EMS). Hasil penelitian menunjukkan terdapat hubungan positif antar *self-esteem* dan kepuasan pernikahan  $r= 0,675$ ,  $N = 132$ ,  $p < 0,01$ , one-tailed. Artinya menunjukkan adanya hubungan yang signifikan antara *self-esteem* dan kepuasan pernikahan.

Kata kunci: *Self-Esteem*, Kepuasan Pernikahan, Generasi *Millennial*, Dewasa Awal.

## ABSTRACT

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Title Thesis : *The Relationship between Self-Esteem and Marital Satisfaction in Early Adult Millennials.*  
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A happy marriage is everyone's dream, including millennials. In short, the millennial generation has distinctive characteristics such as self-confidence, performance orientation, criticism and likes to face new challenges. For this reason they never seem satisfied in their personal life. Many young couples get divorced because they don't feel fulfilled in their marriage. One of the factors that does not cause marital satisfaction is self-esteem. Self-esteem is the attitude or opinion of oneself. People with healthy self-esteem respect themselves and can control their behavior. This study aimed to determine the effect of self-esteem on marital satisfaction in the millennial generation in early adulthood. This study was conducted on 132 participants who were married at a young age. The measure of self-esteem in this study used the Coopersmith Self-Esteem Inventory (CSEI) tool. To measure marital satisfaction the instrument used is Enrich Marital Satisfaction (EMS). The results showed that there was a positive relationship between self-esteem and marital satisfaction  $r = 0.675$ ,  $N = 132$ ,  $p < 0.01$ , one-tailed. This means that there is a significant relationship between self-esteem and marital satisfaction.

Keywords: *Self-Esteem*, Marital Satisfaction, *Millennial* Generation, Early Adulthood.