

## REGULATORY DESCRIPTION OF EMOTIONS IN EARLY MARRIED COUPLES IN SOUTHEAST MINAHASA

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### ABSTRACT

Underage marriage is carried out by adolescents who have not reached the ripe age for marriage. Couples who are married under age are expected to respond positively to the emotional effects that arise when experiencing conflicts in the household, namely through emotional regulation. Emotion regulation is the way individuals influence the emotions they have, when they feel them, and how they experience or express those emotions. This study used a qualitative research method on 3 pairs of husband and wife who married underage due to pregnancy outside of marriage. This study uses interviews and observations in collecting data. The results of this study indicate that the emergence of negative emotions in household life is due to economic problems, alcohol and in-laws.

**Keywords:** Emotional Regulation, Early Marriage.

### PRELIMINARY

According to Law No. 1 of 1974 Article 1, marriage is a physical and mental bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family (household) based on the One Godhead. To achieve a goal of a marriage, it is necessary to have maturity physically and spiritually in marriage (Agustian, 2013). In addition, a marriage can also be happy and eternal when the couple gets married when their age is ripe (Setia, 2017).

BKKBN issued a module with the age of marriage for women, which is at least 20 years old and men at least 25 years old, with the aim that married couples are truly physically and mentally mature (Anna, 2015). The maturity of this marital age has advantages in terms of psychological and economic readiness, in addition to providing information for adolescents to consider various aspects such as physical, emotional, economic, educational and the number and spacing of births in family planning (Lestari et al., 2014) to minimize the number of early marriages.

Based on the existing facts, according to the results of the BKKBN research in 2014, 46% or the equivalent of 2.5 million marriages that occur annually in Indonesia, the brides are aged between 15 and 19 years and 5% of them involve brides under the age of 15 years (Aprilia, 2016). The results of the 2015 National Medium Term Development Plan (RPJM) Population and Family Planning Program Performance Indicator survey showed that 19.2% of the responses of young women planned to marry under the age of 22. Meanwhile, 46.2% of male adolescents plan to get married aged 20-25 years.

The causes of early marriage can also be seen in seven provinces in eastern Indonesia, which dominate as a province with high early marriage, which are taken from SUSENAS data for the years 2008-2015 where 7 provinces consist of South Kalimantan, Southeast Sulawesi, Papua,

Gorontalo, West Kalimantan, Jambi and North Sulawesi (Nainggolan, 2017). North Sulawesi itself has the highest premature marriage due to pregnancy outside of marriage, this is supported by a statement from the head of the North Sulawesi BKKBN youth resilience sub-sector which states that throughout 2014 there were 524 teenagers from 11 districts who became pregnant outside of marriage, this allowed them to married at an early age (Noel, 2015).

Couples who undergo early marriage are those who are classified as having under 18 years of age known as adolescence, where adolescence is described as a turbulent emotional period, where adolescents experience emotional changes more often, adolescents also do not know how to express their emotions appropriately and they tend to project the unpleasant feelings they have onto others (Santrock, 2014). Moreover, with the turbulent emotional state, adolescents who choose to marry at a young age must be faced with taking care of the household, taking care of a husband or wife and taking care of children (Asri, 2015).

In addition, early age couples will experience difficulty in overcoming problems in the household compared to couples who are mature (Hestianingsih, 2012). Papalia, Olds, & Feldman (in Muclisah, 2012) said that early age couples resolve conflicts using emotions higher than adult couples who are more able to control their emotions in handling domestic conflicts. Moreover, men whose emotions tend to vent their anger by hitting, and women will tend to grumble when angry (Why if men, 2011). Dr. Belinda Hewwit, a relationship expert, said that when faced with problems, young couples will find it easier to think about divorce and they will think that it is better if they end the relationship they are in (Fajriana, 2017).

Emotional regulation of husbands and wives can lead to satisfaction in marriage, this is in line with research conducted by Wulan and Chotimah (2017) regarding "The Role of Emotional Regulation in Marriage Satisfaction in Early Adult Married Couples" said that there is a positive influence between emotional regulation and marital satisfaction. Furthermore, they said that when husband and wife achieve satisfaction in marriage, the couple will feel grateful for the marriage and when they encounter conflicts in marriage, these conflicts can be resolved so that it is less likely to experience separation. Based on this statement, it can be concluded that emotional regulation also has an important role in domestic life, especially for couples who undergo early marriage. Therefore, based on existing phenomena, researchers are interested in knowing the emotional regulation of couples who marry early due to pregnancy outside of marriage.

## **EMOTION REGULATION**

Emotional regulation of husband and wife can lead to satisfaction in marriage, this is in line with research conducted by Wulan and Chotimah (2017) regarding "The Role of Emotional Regulation in Marriage Satisfaction in Early Adult Married Couples" said that there is a positive influence between emotional regulation and marital satisfaction. Furthermore, they said that when husband and wife achieve satisfaction in marriage, the couple will feel grateful for the marriage and when they encounter conflicts in marriage, these conflicts can be resolved so that it is less likely to experience separation. Based on this statement, it can be concluded that emotional regulation also has an important role in domestic life, especially for couples who undergo early marriage.

According to Gross (2014) emotional regulation is defined as the way individuals influence their emotions, when they feel them and how they experience or express these emotions.

According to Gross & Thompson (in Yumpi, 2016) emotional regulation is a conscious or unconscious strategy to maintain, strengthen or reduce one or more aspects of an emotional response, namely emotional and behavioral experiences.

### **EARLY-AGE MARRIAGE**

Lubis (2013) states that early marriage is a physical and mental bond between a man and a woman as husband and wife at a young / adolescent age. UNICEF is of the opinion that early marriage is a formal or informal marriage conducted under the age of 18. Al Ghifari argues that early marriage is a marriage that is carried out in adolescence (Desiyanti, 2015). Anwar and Rahmah (2016) Early marriage is marriage to adolescents under the age of 20 who should not be ready to carry out marriage. Mukson (2013) early marriage is a marriage contract that is carried out at an age under the compliance of applicable regulations.

### **RESEARCH METHODOLOGY**

This study used qualitative research methods. According to Poerwandari (2013) qualitative research is research that produces and processes descriptive data, such as interview transcripts, notes or field observations such as; pictures, photos, sound recordings, videos and others.

This type of research is using a phenomenological approach. The criteria for selecting subjects to be used in this study are: Married couples living in Southeast Minahasa district, married under 20 years of age. The population in this study were all married couples who underwent early marriage because they were pregnant outside of wedlock in Southeast Minahasa. The number of samples in this study amounted to 6 people consisting of 3 pairs of husband and wife, by fulfilling predetermined criteria.

### **RESULTS**

#### **Husband and Wife IR**

#### **IR Spouse Emotion Regulation**

Based on the results of the analysis, on the emotional regulation goal aspects, these couples have the same goal to reduce negative emotions and increase their positive emotions. The IR partner has an effort to reduce their negative emotions where this partner both chooses to be silent, but when he can't stand to be quiet he will choose to cry. In an effort to increase positive emotions the couple both chose to go out with their child by going out on recreation together. In the aspect of emotional regulation strategies for selecting situations I and R choose to approach situations that have an emotional impact on them, the difference is that I choose to approach R to scold her husband while R approaches his wife to persuade his wife not to get angry by helping his wife do housework.

In the situation change strategy I and R have their own way to divert the emotions they feel where I just choose to stay at home and invite their children to sleep, in contrast to R who chooses to go out to hang out with friends and play with children to make themselves be calm. On the dissemination of attention, both of them both diverted it to certain situations where I invited his child to go to his child's friend's house and R invited his wife and child to go out for recreation together. For cognitive changes, this couple assessed the situation more positively where both of them were still trying to find a way out of each conflict, I chose to invite her husband to solve the problem together and R gave in to his wife.

In the response change strategy I and R changed their responses differently where I did not show excessive emotions but she preferred to be silent and cry, in contrast to her husband, R, who showed a change in response by going to drink, shouting and smoking. In the last aspect,

namely emotional regulation outcomes, this couple said that they had difficulty calming themselves because they had difficulty managing their emotions, so I had difficulty socializing with other people where he would respond rudely when other people would interact with him when he was in a state bad emotions due to household problems, as well as R where the consequences he experienced had an impact on his work and children, he vented his anger by hitting his children and became lazy to go to work.

### **ET Married Couple**

#### **ET Partner Emotions Regulation**

Based on the results of the analysis, in the emotional regulation goal aspect, this couple who has an effort to reduce their negative emotions is only T where they try to go out to meet their friends to tell their friends about their problems to make themselves calmer, while E has no effort to reduce their negative emotions because she doesn't want to be underestimated by her husband so she always responds angrily when she experiences conflicts with her husband. To increase positive emotions, this couple chooses to increase positive emotions by playing and joking with their children, even T invites his wife and children to go to the city center. In the aspect of emotional regulation strategies for the process of selecting situations, both choose to avoid E choosing to yield and T stay away from his wife.

For the second process, the situation changes, E chooses to play with children, while T chooses to play on mobile and playstation. The process of spreading E's attention chose to go to his parents' house, and T busied himself with playing with his children. The fourth process of cognitive change E and T both chose to discuss the problems they were experiencing, moreover T chose to think about his mistakes and regret and ask for help from his parents. In the last process, E chose to cry and T threw out his anger by hitting objects and drinking liquor, but E also tried to calm himself where he chose to listen to spiritual songs. In the last aspect, emotional regulation outcomes, both of them feel difficulties when they try to make themselves calm when E tries to calm down he still feels hurt because T scolded him while T had to continue to hear his angry wife's screams and when he succeeded, he felt happy.

### **Married Couple AJ**

#### **Spouse Emotion Regulation AJ**

Based on the results of the analysis, on the emotional regulation goal aspects, this couple had efforts to reduce negative emotions and increase their positive emotions. To reduce negative emotions, A chooses to stay focused and think about her children so that she can stay in the household, while J chooses to go out drinking. To increase positive emotions, A chooses to play with the child and J chooses to try to continue to meet household needs by working hard. In the aspect of emotional regulation strategies for the process of selecting the situation, both choose to avoid. A chose to avoid her husband by keeping quiet and J chose to sleep. For the second process, the situation changes A chose to keep smiling and patient even though her husband was angry and J immediately invited his wife and children to come out.

A's attention-sharing process chooses to save the house and take care of the children and go grocery shopping and J goes to work or goes out drinking alcohol. The fourth process of cognitive change A chooses to find out the cause of the problem and tries to solve it with a cool head and J chooses to invite his wife to discuss her wife's behavior which makes him angry and advises his wife. In the last process, the modulation response A and J both choose to say harsh words to each other, or A chooses to respond jokingly. In the last aspect, namely emotional regulation outcomes, both of them feel difficulties when they try to make themselves not angry with each other where A has difficulty because the mind is constantly disturbed by

her husband's unchanging behavior, and J is disturbed because he has to think how to there was no more fighting and J also had to endure the hurt because of his wife.

### **Intra Subject Analysis**

Based on the analysis of the intersubject's emotional regulation, it can be concluded that the three pairs of subjects have emotional regulation goals where three pairs of subjects have an effort to reduce negative emotions and maintain positive emotions. Subject I, R, E, in reducing negative emotions, the three subjects chose to remain silent. Subject T and E chose to leave the house, where T chose to meet his friends to tell a story, while subject E went out to go drinking liquor. Subject A, to reduce her negative emotions, she prefers to focus on thinking about her children so that she does not respond to her angry husband. In maintaining positive emotions, I, R, and T choose to go out with their partners. Subjects E and A chose to see their children playing together because seeing their children play made them happy. Subject J himself prefers to work so that by earning money the economic needs of the family will be met.

In the emotional regulation strategies for the process of selecting the situation, subject I and R both choose to approach their partner, subject I chooses to directly threaten her husband who is drunk, while subject I chooses to persuade his angry wife or do housework to help his wife. It is different with the four subjects E, T, A, and J, they prefer to avoid their partner who is angry. Subject E avoids by giving in to their partner, subject T chooses to leave the house, subject A chooses to ignore her husband by not replying her partner who was angry, and subject J chose to go to sleep to avoid her husband.

For the process of changing the situation, all subjects made changes to the situation in different ways, such as subject I choosing to stay silent, sleep, or he immediately discussed the problem with his husband. Subject R chose to go out to meet his friends and discuss work, subject T chose to play headphones and PlayStation to make himself calmer. Subject E himself chose to do activities that make him feel happy like playing with his children. For subject A itself, there is no particular situation that she changes, but she chooses to smile and be patient when her husband is angry. For subject J, he immediately invited his child and partner to go to a restaurant or to the opa and oma garden to make brown sugar.

The distribution of attention in subject I was carried out by inviting his children to play at his friend's house, for I by inviting his children to go to play, Subject R himself chose to invite his child and partner to go out of the house by walking and having recreation. Subject E for spreading attention he immediately chose to go to his parents' house, and he would return to his husband's house when he felt calm. Subject T in spreading attention he prefers to pay attention to his children and he is also sometimes reminded by his parents not to be angry. Subject A himself in the process of spreading attention he prefers to tidy up the house, take care of children, and cook or he goes out to buy household necessities. Subject J chooses to go out of work or hang out drinking liquor.

For the cognitive change process, each subject chose to assess each site by conferring with their partner about the problems that exist in the household and what causes the problems in their household. Subjects E and T will confer with their husbands regarding problems that occur in their household and if there are other people who cause problems in their household, they will look for that person and question the actions that person has taken against their household, besides that T is also think about every mistake he made and ask his parents for help in every problem. Subjects I and A they chose to find out in advance the cause of the problems that occurred in their household, A would also choose to deal with it with a cold head by

reprimanding her husband. Subject J will also ask about the behavior of his partner then he will reprimand his partner and give advice to his wife. Subject R will try to find out who is wrong and who is right and decide to give in.

In the process of changing the responses of subjects I and E when they couldn't hold their emotions they would choose to cry or I also chose to be silent. Liquor is also used to release R and J's emotions when they can't hold back their emotions, besides that R also chooses to smoke and scream out loud. Subject T chooses to vent his emotions by hitting around objects such as television and cupboards or going out drinking alcohol with his friends. Subjects A and R would also speak harsh words to their partners.

In the Emotional aspect of regulation outcomes, the consequences of regulation are experienced by all subjects where for subject I who doesn't know how to calm down so that this affects his interactions with other people where he will respond rudely when other people try to interact with him. Subject R himself also felt the impact where he would take out his anger on his child and become unfocused at work. Different Subjects E and A even though they continue to feel hurt and disturb their thoughts but they still choose to be patient in dealing with their partner, subject E will also give in and win herself by keeping her child in the room, otherwise subject A will stay away from her husband. Subject T himself also found it difficult when he had to calm himself down because he kept hearing his wife who was constantly angry and also subject J whose mind became uneasy because his wife was constantly angry with him.

### **Inter Couples Analysis**

Based on the results of the emotional regulation analysis of the interviewees, when viewed from the aspect of emotional regulation goals, each partner has an effort to reduce negative emotions and increase their positive emotions, in increasing positive emotions the efforts made by each couple are generally related to their children where the increase in positive emotions of the three husbands these wives when they play and go out with their children, even when they are able to meet the needs of their children it has made them experience an increase in positive emotions. For the reduction of negative emotions for the IR and AJ partners, both partners tried to reduce their negative emotions because they did not want to prolong the conflict that occurred in their household, in contrast to the ET partner for the couple who wanted only T which tried to reduce negative emotions, where E does not have any effort to reduce his negative emotions because he does not want to be underestimated by T, so he continues to respond to the anger he experienced.

In the aspect of emotional regulation strategies, each partner tries to do various ways in each strategy to reduce their negative emotions, for the strategy of selecting the situation ET and AJ partner try to avoid a husband or wife who creates emotion for themselves in order not to cause negative emotions for themselves. They are different from the IR partner who chooses to approach situations that have an emotional effect on themselves, but in this partner the approaching strategy is different where I approach scolding so that it generates more negative emotions, while R chooses to approach by persuading to reduce negative emotions. In the citation change strategy, the three couples changed the situation to more positive things to divert their negative emotions so that each partner became calmer.

In the attention distribution strategy only the IR partner did the distribution of attention with a more positive behavior, while for the ET and AJ pair, only one partner did it in a more positive way for ET, T chose to focus on her child by taking care of the child while T chose to run away from home. For AJ's partner, A chose to tidy up the house and look after the child, while J

turned his attention to negative situations such as wandering around drinking alcohol until he got drunk. In the cognitive change strategy, only the IR and AJ couples who were husband and wife both rated the situation positively and tried to solve problems together, not the ET partner where only T assessed the situation more positively and tried to give in to maintain the household, while E assess negatively where when a conflict occurs she only thinks of separating and does not want to be with her husband.

In the strategy of changing the response, each partner gave a different change in response and generally led to changes in negative responses such as harsh words, smoking, hitting, and drinking alcohol to get drunk. For aspects of emotional regulation outcomes, these three couples have difficulty when they try to achieve the goal of emotional regulation so that they experience consequences that impact themselves and even to others. Where for the IR partner this had an impact on their children, work and their interactions with other people, for the ET partner where this partner had difficulty calming down and felt hurt, and the AJ partner whose thoughts were constantly disturbed by the partner's behavior.

## **CONCLUSION**

Based on the results of the study, it can be concluded that the three pairs of husband and wife can do emotional regulation, but each subject does it in a different way and in general each subject gives an inappropriate response when doing emotional regulation. Every subject in this study also tried to maintain and enhance the positive emotions they experienced. In the first aspect of emotional regulation, namely emotional regulation goals, where the IR, ET and AJ couples have their respective efforts to reduce negative emotions in the form of anger they experience, as well as positive emotions, each partner has its own efforts to maintain positive emotions in the form of happiness they experience in domestic life.

In the second aspect, emotional regulation strategies for each process, each subject carries out different strategies such as the aspect of choosing the situation of subject I and choosing to avoid and subjects E, T, A and J choosing to approach. Situation change process IR, ET and AJ try to modify the situation so that the emotional effect is overlooked. In the process of distributing attention, each partner does different things in directing attention in regulating emotions. In the process of cognitive change, the three partners have the same way of managing every problem they experience. For the last process, changing the response for each response given is different for each subject, such as smoking, drinking alcohol, domestic violence, talking harshly and running away from home.

In the third aspect, emotional regulation outcomes, the consequences are more visible to IR partners because they say that they sometimes still find it difficult to control their emotions so that it interferes with their interactions with those around them, in contrast to the ET and AJ couples who even though both partners This admits difficulties in controlling emotions but they still try to reduce any negative emotions they feel.

## **SUGGESTION**

### **1. Theoretical Suggestions**

For further research, it is suggested to conduct research related to effective interventions that can be given to couples who marry early, especially those related to developing good emotional regulation, because in this study it appears that each subject in this study is still unable to provide proper emotional regulation when responding.

## 2. Practical Suggestions

- a. For the three pairs of subjects, it is suggested to resolve conflicts in the household by involving better ways such as lowering ego, not blaming each other, being more patient, understanding each other, more responsible, discussing together when experiencing problems and making good decisions appropriate, as well as more respect for partners, so that by doing these things each partner is expected to be able to avoid arguments that cause excessive negative emotional expression.
- b. Parents who have teenage children should have behavioral control over their children by paying more attention to their children so that they do not hang out carelessly and should provide limits on their social relationships so that they do not lead to negative behavior such as casual sex which can lead to pregnancy outside marriage.
- c. Adolescents in general are advised to be more careful in choosing social partners so they do not fall into promiscuity and fill their spare time with positive and productive activities so that they can be beneficial for the future, and it is advisable to develop better emotional regulation so that it can help them. in their behavior and in decision making.

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