

**MAKNA KEPUASAN PERNIKAHAN BAGI ISTRI SETELAH 25 TAHUN  
MENIKAH: STUDI FENOMENOLOGIS PADA ANGGOTA ORGANISASI  
KEAGAMAAN DI KABUPATEN BANYUMAS**

**Wisnu Megie Yudhistira  
15000121140306**

Fakultas Psikologi, Universitas Diponegoro  
Jl. Prof. Mr. Sunario, Semarang, Jawa Tengah, Indonesia 50275  
[wisnumyudhistira@gmail.com](mailto:wisnumyudhistira@gmail.com)

**ABSTRAK**

Penelitian mengenai makna kepuasan pernikahan setelah 25 tahun menikah pada anggota organisasi keagamaan masih jarang dilakukan, padahal penting untuk memahami aspek yang dapat mencegah perceraian. Penelitian ini bertujuan mengeksplorasi makna kepuasan pernikahan dari perspektif istri yang telah menikah selama 25 tahun. Menggunakan pendekatan kualitatif fenomenologi dan metode *interpretative phenomenological analysis* (IPA), data dikumpulkan melalui wawancara semi terstruktur terhadap tiga partisipan yang dipilih secara purposif, yaitu istri berpendidikan minimal S1 dan telah mengalami kepuasan dalam pernikahan yang dipilih berdasarkan nilai kuisioner kepuasan pernikahan yang tinggi. Hasil analisis menghasilkan 11 tema superordinat, yang kemudian dikelompokkan menjadi empat tema induk: (1) komunikasi dan resolusi konflik, (2) adaptasi dan perubahan, (3) nilai inti pernikahan, dan (4) dinamika manajemen rumah tangga. Istri memaknai kepuasan pernikahan melalui rasa syukur, kedekatan emosional, pengalaman kebersamaan, dan kebahagiaan yang tumbuh seiring waktu. Kesadaran akan peran sebagai istri dan ibu memperkuat makna hubungan tersebut. Faktor-faktor seperti penerimaan pasangan, dukungan spiritual, ketangguhan emosional, serta keterhubungan sosial dan keluarga turut membentuk pengalaman mereka. Pernikahan jangka panjang membuat mereka merasa semakin terikat secara moral dan emosional untuk mempertahankan relasi yang harmonis dan bermakna di masa depan.

**Kata Kunci :** fenomenologi; pengalaman subjektif; kepuasan pernikahan; istri; organisasi keagamaan

**THE MEANING OF MARRIAGE SATISFACTION FOR WIVES AFTER 25 YEARS OF  
MARRIAGE: A PHENOMENOLOGICAL STUDY OF MEMBERS OF RELIGIOUS  
ORGANIZATIONS IN BANYUMAS REGENCY**

**Vishnu Megie Yudhistira  
15000121140306**

Faculty of Psychology, Diponegoro University  
Jl. Prof. Mr. Sunario, Semarang, Central Java, Indonesia 50275  
[wisnumyudhistira@gmail.com](mailto:wisnumyudhistira@gmail.com)

**ABSTRACT**

Research on the meaning of marital satisfaction after 25 years of marriage among members of religious organizations is still rare, even though it is important to understand aspects that can prevent divorce. This study aims to explore the meaning of marital satisfaction from the perspective of wives who have been married for 25 years, using a qualitative phenomenological approach and *interpretative methods. phenomenological analysis (IPA)*, data were collected through semi-structured interviews with three purposively selected participants, namely wives with at least a bachelor's degree and who had experienced satisfaction in their marriages, selected based on high marital satisfaction questionnaire scores. The analysis yielded 11 superordinate themes, which were then grouped into four main themes: (1) communication and conflict resolution, (2) adaptation and change, (3) core values of marriage, and (4) dynamics of household management. Wives defined marital satisfaction through gratitude, emotional closeness, experiences of togetherness, and happiness that grew over time. Awareness of their roles as wives and mothers strengthened the meaning of the relationship. Factors such as partner acceptance, spiritual support, emotional resilience, and social and family connectedness also shaped their experiences. Long-term marriages made them feel increasingly morally and emotionally bound to maintain harmonious and meaningful relationships in the future.

**Keywords:** phenomenology; subjective experience; marital satisfaction; wife; religious organization