

# KEBERSYUKURAN SEBAGAI MODERATOR ANTARA RESILIENSI KELUARGA DAN KEPUASAN PERNIKAHAN PADA ISTRI PELAUT YANG MENJALANI PERNIKAHAN JARAK JAUH

Tazkiya Nabila

[tazkiyanabila@students.undip.ac.id](mailto:tazkiyanabila@students.undip.ac.id)

## ABSTRAK

Istri pelaut yang menjalani pernikahan jarak jauh memiliki berbagai permasalahan, seperti kelalahan dalam mengurus keluarga dan anak, serta permasalahan bersama pasangan karena keterpisahan fisik, salah satunya kepuasan pernikahan. Penelitian ini bertujuan untuk menguji hubungan antara resiliensi keluarga dengan kepuasan pernikahan serta peran kebersyukuran sebagai moderator. Populasi penelitian ini adalah istri pelaut yang merupakan anggota Persatuan Oliver Indonesia (POIN) dengan kriteria inklusi, 1) sudah memiliki anak, 2) berusia dewasa awal 20-40 tahun, 3) usia pernikahan di bawah 10 tahun. Metode pengambilan sample yang digunakan pada penelitian ini adalah *purposive sampling* yang menghasilkan jumlah responden sebanyak 150 istri pelaut yang merupakan anggota Persatuan Oliver Indonesia (POIN). Penggalan data menggunakan tiga skala psikologis, yaitu *ENRICH marital satisfaction (EMS)* (13 aitem,  $\alpha = 0,801$ ), *Walsh Family Resilience Questionnaire (WFRQ)* (32 aitem,  $\alpha = 0,923$ ), dan *The Gratitude Questionnaire Item for Six (GQ-6)* (6 aitem,  $\alpha = 0,677$ ). Metode analisis data menggunakan analisis regresi linier sederhana dan *moderated regression analysis (MRA)*. Hasil analisis menemukan bahwa terdapat hubungan positif yang signifikan antara resiliensi keluarga dan kepuasan pernikahan,  $r_{xy} = 0,255$ ;  $b = 0,127$ ,  $t(147) = 2,608$ ,  $p < 0,05$ . Peran kebersyukuran sebagai moderator juga terbukti dalam penelitian ini yaitu ,  $b = 0,579$ ,  $t(146) = 2,767$ ,  $p > 0,05$ , artinya kebersyukuran mampu memperkuat hubungan antara resiliensi keluarga dan kepuasan pernikahan. Hasil penelitian ini menunjukkan bahwa resiliensi keluarga memberikan sumbangan sebesar 6,5% terhadap kepuasan pernikahan. Sementara itu, kebersyukuran sebagai moderator mampu memperkuat hubungan antara resiliensi keluarga dengan kepuasan pernikahan sebesar 13,5%.

**Kata kunci:** kepuasan pernikahan, resiliensi keluarga, kebersyukuran, istri pelaut.

**GRATITUDE AS A MODERATOR BETWEEN FAMILY RESILIENCE  
AND MARITAL SATISFACTION ON SAILOR'S WIFE WHO  
UNDERGOES LONG-DISTANCE MARRIAGE**

Tazkiya Nabila

[tazkiyanabila@students.undip.ac.id](mailto:tazkiyanabila@students.undip.ac.id)

**ABSTRACT**

Sailor's wife to did long-distance marriage have various problems, such as being unable to take care of their family and children, as well as problems with their partners due to physical separation, one of which is marital satisfaction. This study aims to examine the relationship between family resilience and marital satisfaction and the role of gratitude as a moderator. The population of this study were the wives of seafarers who are members of the Indonesian Oliver Association (POIN) with inclusion criteria, 1) already having children, 2) early adulthood 20-40 years, 3) marriage age under 10 years. The sampling method used in this study was purposive sampling with a total of 150 respondents. Data collection used three psychological scales, namely ENRICH marital satisfaction (EMS) (13 items, = 0.801), Walsh Family Resilience Questionnaire (WFRQ) (32 items = 0.923), and The Gratitude Questionnaire Item for Six (GQ-6) (6 items, = 0.677). The data analysis method used moderated regression analysis (MRA). The results of the analysis found that there was a significant positive relationship between family resilience and marital satisfaction, Sailor's wife to walk on long-distance marriage  $r_{xy} = 0.255$ ;  $b = 0.127$ ,  $t(147) = 2.608$ ,  $p < 0.05$ . Family resilience can explain the variation of marital satisfaction as much as 6.5%. The role of gratitude as a moderator is also proven in this study,  $b = 0.579$ ,  $t(146) = 2.767$ ,  $p > 0.05$ , meaning that gratitude can increase the relationship between family resilience and marital satisfaction. The results of this study indicate that family resilience contributes 6.5% to marital satisfaction. Meanwhile, gratitude as a moderator can strengthen the relationship between family resilience and marital satisfaction by 13.5%.

**Keywords:** *marital satisfaction, family resilience, gratitude, sailor's wife*