



The Levels of Authentic Happiness Among Women Who Married at A Young Age at Kaliwungu Village, Ngunut Sub-District, Tulungagung District

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A B S T R A C T

Early to late adolescents (aged 12-21) experience diverse and fluctuating psychological, mental, mind, and physical dynamics. Living in a household is also not easy and faces many problems. Thus, getting married at a young age potentially influences authentic happiness among women. This paper describes the levels of authentic happiness among women who married at a young age. This research used a quantitative method and literature studies. The population was women who married at a young age in Kaliwungu Village, Ngunut Sub-District, Tulungagung District. There were ten respondents. Data collection was by distributing authentic happiness questionnaires to respondents. The questionnaire consists of 25 statements from the instrument Authentic Happiness Inventory owned by Martin Seligman. Results showed that the score of authentic happiness in all respondents ranges from 75 to 125. In addition, two respondents have moderate levels of authentic happiness, and eight have high. In conclusion, most women who married at a young age had high levels of authentic happiness, and little had moderate.

INTRODUCTION

Marriage is one of the stages of life passed by adult humans that are physically and mentally mature. They should have a sense of responsibility for running the household. Married couples can experience authentic happiness when they feel immense marital satisfaction (Batra, 2000).

Statistics Indonesia revealed a significant increase in young marriage incidence in Indonesia, from 14.18% in 2017 to at least 15.66% in 2018. Further, young marriage can influence Human Development Index (HDI) (Nkhoma et al., 2020).

A harmonious and happy married life influences children's mindsets, behavior, and lives (Mansir, 2022). A child must grow and develop healthily. Happy prospective parents, especially wives or mothers, are critical (Gonçalves, 2019). It is because a woman's hormones will affect her child during pregnancy. Besides other external factors, unhappy pregnant women potentially cause health problems in the child (Przybyła-Basista et al., 2020).

Early to late adolescents (aged 12-21) experience diverse and fluctuating psychological, mental, mind, and physical dynamics. Living in a household is also not easy and faces many problems (Stepanous et al., 2023). Thus, getting married at a young age potentially influences authentic happiness among women. However, authentic happiness in women who married at a young age was unknown (Bennett, 2019). This paper describes the levels of authentic happiness among women who married at a young age.

METHOD

This research used a quantitative method and literature studies. The population was women who married at a young age in Kaliwungu Village, Ngunut Sub-District, Tulungagung District. There were ten respondents. Data collection was by distributing authentic happiness questionnaires to respondents. The questionnaire consists of 25 statements. It comes from the instrument Authentic Happiness Inventory owned by Martin Seligman, accessed from the website <https://www.authenticappiness.sas.upenn.edu/>. Thus, the questionnaire is reliable and valid. The literature study was obtained from the program guidebook and documents belonging to Dinas KB PP dan PA of Tulungagung District.

RESULT

Table 1 shows the number of married women in Kaliwungu Village, Ngunut Sub-District, by age group Based on the Family Data Collection in 2021 held by The National Population and Family Planning Board (BKKBN). There were 29 women aged 20-24 years old who married at a young age.

Table 1. Number of married women by age group in Kaliwungu Village

TABEL 1

**JUMLAH WANITA KAWIN (10-49 TAHUN) MENURUT KELOMPOK UMUR
PENDATAAN KELUARGA INDONESIA**

PERIODE : 2021

WILAYAH : Kelurahan

KODE	RW	JUMLAH WANITA KAWIN	KELOMPOK UMUR															
			10 - 14		15 - 19		20 - 24		25 - 29		30 - 34		35 - 39		40 - 44		45 - 49	
			JUMLAH	%	JUMLAH	%	JUMLAH	%	JUMLAH	%	JUMLAH	%	JUMLAH	%	JUMLAH	%	JUMLAH	%
1	2	3	4	5=4/3*100	6	7=6/3*100	8	9=8/3*100	10	11=10/3*100	12	13=12/3*100	14	15=14/3*100	16	17=16/3*100	18	19=18/3*100
0101	DUSUN KRAJAN/01	60	0	0.00	0	0.00	2	3.33	8	13.33	8	13.33	9	15.00	18	30.00	15	25.00
0102	DUSUN KRAJAN/02	65	0	0.00	0	0.00	3	4.62	13	20.00	12	18.46	14	21.54	14	21.54	9	13.85
0103	DUSUN KRAJAN/03	63	0	0.00	0	0.00	5	7.94	5	7.94	11	17.46	14	22.22	17	26.98	11	17.46
0104	DUSUN KRAJAN/04	53	0	0.00	1	1.89	3	5.66	6	11.32	5	9.43	9	16.98	17	32.08	12	22.64
0105	DUSUN KRAJAN/05	47	0	0.00	1	2.13	5	10.64	3	6.38	7	14.89	11	23.40	9	19.15	11	23.40
0201	DUSUN UMBUT SEWU/01	86	0	0.00	0	0.00	2	2.33	12	13.95	14	16.28	11	12.79	27	31.40	20	23.26
0202	DUSUN UMBUT SEWU/02	98	0	0.00	0	0.00	4	4.08	4	4.08	12	12.24	31	31.63	32	32.65	15	15.31
0203	DUSUN UMBUT SEWU/03	86	0	0.00	0	0.00	5	5.81	15	17.44	11	12.79	19	22.09	18	20.93	18	20.93
JUMLAH TOTAL		558	0	0.00	2	0.36	29	5.20	66	11.83	80	14.34	118	21.15	152	27.24	111	19.89

Sumber: Pendataan Keluarga; Tanggal dan Jam laporan diambil/download

Table 2 revealed that the score of authentic happiness in all respondents ranges from 75 to 125. In addition, two respondents have moderate levels of authentic happiness, and eight have high.

Table 2. Authentic Happiness among Women Who Married at a Young Age

Initials Respondents	Age	Total Score	The Levels of Authentic Happiness
AG	21	84	Moderate Authentic Happiness
VE	22	109	High Authentic Happiness
AW	20	118	High Authentic Happiness
EL	24	116	High Authentic Happiness
RW	20	113	High Authentic Happiness
SP	26	119	High Authentic Happiness
ER	21	91	Moderate Authentic Happiness
RM	21	121	High Authentic Happiness
BA	25	119	High Authentic Happiness
RR	23	120	High Authentic Happiness

DISCUSSION

This study revealed that eight out of ten women who married at a young age had high levels of authentic happiness, and two had moderate. Authentic happiness is natural, pure, and original happiness. In addition, Carr (2013) states that a psychological condition that is so positive is one part of authentic happiness. Authentic happiness means having high life satisfaction and low levels of negative emotions. The dominance of positive emotions can make a person happy beyond the control of the environment, also known as the external body.

Carr (2013) defines happiness as a positive psychological condition characterized by a high level of satisfaction of an individual with his past, high levels of positive emotions, and low levels of negative emotions. Furthermore, Kun & Gadanez (2019) explains happiness as a positive feeling about his state manifested in past satisfaction, present pleasure, and future optimism. It is in line with the definition according to Robbins (2021), happiness is a result of self-assessment and life, which contains positive emotions, such as overflowing comfort and joy, as well as positive activities. So, happiness describes someone focusing more on pleasant circumstances than what happened.

Referring to Heavenly & EWK (2020), marriage is an important event experienced by all humans in their life. It is one of the life journey processes that almost everyone goes through based on a person's developmental period and age. Because the destiny of every human being is to be in pairs, marry between men and women, and establish a household that contains husband and wife. In addition, Hurlock (2012) explained that marriage is one of the tasks during adult development, which is essential for everyone to live as a learning process and complete developmental tasks at an age that includes adulthood. According to the Law of the Republic of Indonesia Num. 1 of 1974, marriage is inner and outer bonds between men and women as husband and wife to form a happy, everlasting family based on Belief in God. Marriage should be carried out by someone who is physically and mentally mature.

Puteri (2023) states that young marriage is usually carried out by a man or woman aged 16-21 years, which is still classified as during the development of early adolescence to late adolescence. A marriage is

considered ideal at 20-35 for a woman and 25-40 for a man (BKKBN, 2021). Marriage at a young age is carried out by a couple or one of their partners who is still categorized as a teenager aged less than 19. Meanwhile, marriages performed before 20 years are marriages at a young age (BKKBN, 2021).

CONCLUSION

In conclusion, most women who married at a young age had high levels of authentic happiness, and little had moderate. *Dinas KB PP dan PA* (n): a government agency that assists the Regent in carrying out government affairs under the district's authority in the field of Family Planning, Women's Empowerment, and Child Protection.

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