

# Subjective Well-Being Among Women in Early Marriages

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Abstract: Subjective Well-Being is a scientific term that refers to happiness, which includes individuals' affective and cognitive evaluations of their lives. This study aims to analyze Subjective Well-Being among women who engage in early marriage. Using a qualitative approach and a case study design, the research involved two participants who married under the age of 18. The results of the interviews indicate that different marriage experiences, in terms of both reasons for marriage and social support, influence their levels of Subjective Well-Being. Participants who married for love experienced higher levels of Subjective Well-Being compared to those who married through arranged marriages. Although both participants felt happiness during childbirth, they also faced emotional challenges and difficult situations that negatively impacted their well-being. These findings highlight the importance of social support and emotional stability in enhancing the Subjective Well-Being of women who marry at an early age.

## 1 INTRODUCTION

Marriage is the initial process of human life in the formation of a family (Marwan, 2024). Law Number 1 of 1974 concerning Marriage, Article 7 paragraph 1, explains that marriage is a physical and spiritual 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 Almighty God. Individuals preparing for marriage need to consider physical, mental, economic readiness, and the appropriate age, both for men and women (Novia, 2022). According to BKKBN, the ideal age for marriage is 21 years for women and 25 years for men (Ramdani et al., 2023). Marriage that does not meet the minimum age requirement is referred to as early marriage or marriage at a young age (Basyiroh & Afif, 2024).

Early marriage is still a common phenomenon in Indonesia (Layli & Prayogo, 2021). The Central Statistics Agency (BPS, 2020) recorded that 33.30% of young people in Indonesia married for the first time at the age of 19–21, 26.83% married at the age of 22–24, and 2.16% married under the age of 15 (Ridhowati & Dewi, 2024). South Asia is the continent with the countries that have the highest cases of early marriage in the world (Indra Kertati, 2023), as reported by The Child Marriage Data Portal, namely India with 216.6 million children married under the age of 18, Bangladesh with 41.6 million, followed by China with 35.4 million (The Child Marriage Data Portal, 2024). Based on UNICEF data from 2015 to 2021, as many as 76% of women married before the age of 18 in Nigeria (Databoks, 2022).

Nationally, there are 11.2% of girls who married under the age of 18, and 0.5% of them

married at the age of 15 (Umah, 2020; Nurseha et al., 2023). Early marriage can pose serious risks both physically and mentally, especially for women (Halawa & Lase, 2024). Physically, early marriage can endanger women's health because the pelvic bones are not strong enough for childbirth (Triadhari et al., 2023). Babies born to mothers under the age of 18 are generally smaller in size and have a 5 to 30 times higher risk of death (Aji et al., 2023). This phenomenon has the potential to increase maternal and infant mortality rates.

In addition to physical aspects, early marriage also affects mental aspects (Kusumawati et al., 2024). Women who marry young may experience negative impacts after marriage, such as mental health issues, social pressure, and household conflicts (Purwaningtyas et al., 2022). Social pressures that may arise include sadness, confusion, discomfort, and regret (Hendra Pradana et al., 2022). Early marriage also leads to psychological complications, such as young mothers experiencing prolonged trauma and a crisis of self-confidence (Indanah et al., 2020). Therefore, Subjective Well-Being is one important aspect that is often overlooked in early marriage (Sihombing & Cutmetia, 2024).

Subjective Well-Being is a scientific term referring to happiness (Nugraha, 2023). As explained by Diener (1984), Subjective Well-Being includes individuals' affective and cognitive evaluations of their lives (Jasman & Prasetya, 2023). The affective component includes emotional experiences and moods, both positive and negative. Meanwhile, the cognitive component relates to the evaluation of overall life satisfaction (Panjaitan & Sembiring, 2024). Subjective Well-Being consists of three

components: positive affect, negative affect, and life satisfaction (Khonsa & Darmawanti, 2024).

Individuals have good Subjective Well-Being when they experience a high level of positive affect, a low level of negative affect, and life satisfaction, which is characterized by a sense of contentment with the life they live (Diener, 1984; Yudho Bawono et al., 2022). Happy individuals can recall pleasant events because positive experiences occur more frequently than sad ones (Panggih Nugrahanto & Hartini, 2023). Subjective Well-Being is influenced by various factors, including subjective satisfaction, income, social interaction, events, activities, personality traits, biological aspects such as health, as well as demographic factors such as age, gender, race, employment status, education, religion, marriage, and family (Diener, 1984; Sabania & Rahayu, 2024). Individuals with high Subjective Well-Being tend to be more active because they feel their lives are fulfilling, happy, and positive. Conversely, individuals with low Subjective Well-Being are more likely to feel anxious, disappointed, and emotional (Diener, 2009; Anjani & Hendro, 2023).

From a social perspective, early marriage can contribute to higher rates of divorce and infidelity (Indawati et al., 2024). This is due to emotional instability in adolescents, which triggers conflicts among young couples. Apart from emotional maturity, women's physical maturity occurs at the age of 20, as reproductive organs function optimally at that age (Mansur et al., 2023). This condition has negative consequences as it increases maternal and infant mortality rates. Based on the above explanations, it can be concluded that early marriage has a significant impact on the level of Subjective Well-Being of individuals.

## 2 METHOD

### Participants

Participants in this study were selected using purposive sampling. Purposive sampling is a sampling technique determined based on specific considerations or criteria (Suriani et al., 2023). The criteria for participants in this study included: being female, married under the age of 18, and having been married for at least one year. The selection of these subjects was based on the assumption that couples who have been married for one year or more possess sufficient experience to reflect on their well-being in marriage.

Tabel 1. Data Demografi Partisipan

	Partisipan I	Partisipan II
Initial	IW	FA
Gender	Woman	Woman
Current Age	20 Years Old	20 Years Old
Age at Marriage	17 Years Old	17 Years Old
Reasons For Marriage	Based on love	Arranged Marriage
Age of Marriage	3 Years	3 Years
Occupation	Housewife & Factory worker	Housewife & Helping her husband's business
Domicile	Jombang, East Java	Banyuwangi, East Java

### Design

This study employed a qualitative method with a phenomenological approach to provide an overview of Subjective Well-Being among women who entered into early marriage. The qualitative methodology was chosen because it allows the researcher to explore in depth the experiences,

perceptions, and meanings given by the research subjects regarding their married life. This approach provides space for a thorough and comprehensive exploration of how women who marry at a young age can understand and evaluate their well-being within the context of marriage. The study used a phenomenological design, in which each woman who married early is regarded as a unique phenomenon that can provide specific insights into Subjective Well-Being. Phenomenology enables the researcher to delve more deeply into the subjective experiences of each individual and to observe how contextual factors may influence their well-being.

### Procedure

Data collection was carried out through structured interviews using a set of predetermined questions prepared by the researcher. The data collection procedure involved conducting in-depth interviews with each participant online via the WhatsApp application using the voice note feature. Each interview session lasted for 35–40 minutes, and the voice note recordings were saved with the participants' consent to ensure data accuracy. The interviews were conducted in a semi-structured manner, which allowed the researcher to follow the natural flow of conversation while still focusing on the main topic of Subjective Well-Being. The questions addressed aspects such as marital life experiences, challenges faced, and factors perceived to influence their positive emotions, negative emotions, and life satisfaction.

### Data Analysis Technique

The data obtained from the interviews were analyzed using thematic analysis. This process

involved several stages, namely transcribing the interviews, coding the data, and identifying the main themes related to Subjective Well-Being.

### 3 RESULT

In the interviews with participants IW and FA, both of whom married at the age of 17, each had different reasons for marriage. IW married out of love after being in a romantic relationship with her partner for three years. In contrast, FA married her partner through an arranged marriage by her parents, which had been a long-standing tradition in the family. These differing reasons naturally provide distinct experiences regarding each participant’s married life. Thus, the difference in the causes of marriage serves as an important basis for understanding the various experiences that will be presented in the following findings table.

Tabel 2. Tabel Temuan

No.	Aspect	Theme	Subjet I	Subject II
1.	Positive Affect	Positive experiences of married life	Having good in-laws	Better in productivity
		The joy of having a child	Being a happy at the birth of a child	A pleasant pregnancy
		Changes in feelings of love	The same feeling of love	Love born out of habit
2.	Negative Affect	Difficult times	Her husband was laid off	Experienced two miscarriages
		Negative feelings in marriage	The situation during the in law’s divorce	Her husband doesn't help with the work

	Failure to achieve goals	Delayed due to work	Hindered due to lack of time	
3.	Life Satisf action	Marital satisfaction	Achieving satisfaction in marriage	Not satisfied with marriage
	Efforts to achieve expectations	Maintainin g marital bliss	Learn how to educate children	
	Outlook for the future	A happy household	No future outlook yet	

#### Positive experiences of married life

In her married life, IW shared that one of the positive experiences she gained during marriage was having very kind in-laws. When her first child was born, the household’s economic condition declined, yet her in-laws continuously provided support.

"Having good in-laws, at first I thought they would change after I got married, like those controlling ones you see in movies. But thank God, they didn’t... when my child was born and our financial situation was struggling, they helped us."

Before marriage, IW and her husband came from different religions, and eventually, her husband converted to Islam in order to marry IW. Even so, IW’s in-laws treated her like their own child and family, without making any distinction between a daughter and a daughter-in-law.

"Back then, my husband and I were from different religions, but now what I experience is that his parents treat me just like their own child. They don’t make me feel like just a daughter-in-law or anything, but truly consider me part of the family."

Meanwhile, FA and her husband were married through an arranged marriage set up by their parents.

Nevertheless, FA felt that she experienced positive changes in her daily routines. During her marriage, FA always made an effort to take better care of her appearance compared to before marriage.

"Well... I used to be very lazy, I rarely even took showers. But after getting married, I became more diligent in taking care of myself, always wearing perfume, keeping the house clean, and taking care of my husband too, like preparing his clothes and so on."

In addition, FA was able to manage and value her time better, which made her more productive each day.

"When it came to time management, before I would just work and finish things as they came. But now it's different—I've learned to value time. I wake up early, no more lounging around; instead, I clean the house right away, prepare food for the child, and so on. My life has become more productive since I got married."

### **Happiness When Blessed with a Child**

The positive experiences of both participants increased their sense of gratitude. Another valuable experience felt by IW and FA was when they were blessed with their first child. The birth of her first child was an indescribable joy for IW.

"The happiest moment until now is receiving God's blessing of a beautiful daughter. The birth of my child was an incomparable happiness."

FA also shared a similar feeling, expressing that her pregnancy was one of the most enjoyable times of her life.

"The period when I was pregnant was such a beautiful time. I really enjoyed being pregnant because everyone truly cared about me and paid attention to me."

### **Changes in Feelings of Love**

As married life progresses, changes in feelings of love may occur for each participant. IW stated that her feelings have remained the same from the beginning of marriage until now.

"Nothing has really changed, my feelings are still the same. You know, I dated him for three years before deciding to get married. Honestly, back then I just needed certainty because we were of different religions, and the barrier was so high, like... it seemed impossible for us to be together. But I asked him whether he truly wanted to be with me or not. He agreed and decided to convert, so eventually, we got married."

In contrast, FA still needed time to accept her situation due to the arranged marriage. Now that her marriage has entered its third year, FA has begun to develop feelings of love for her husband. This feeling emerged as FA and her husband grew accustomed to living together, allowing her to know him more deeply.

"Since my husband and I were in an arranged marriage, my love grew out of habit. We spend 24/7 together, so at first, I didn't have any feelings of love. But as time went on and I got to know him inside and out, I think that's when I started to develop feelings of love for him."

### **Challenging Times**

Alongside the positive experiences, both participants also faced significant challenges in their married lives. IW revealed that one of the difficult times she experienced was economic instability. When her first child was born, IW's husband was laid off from his job due to employee downsizing.

"After giving birth, our financial situation declined, around the second year of marriage. My husband was laid off, and then... we were confused about where to find work, because it's harder for married men to get a job. That was the saddest experience."

Another difficult period was experienced by FA, who went through two miscarriages and had to undergo curettage procedures to remove the remaining pregnancy tissue after the miscarriages.

"I had two miscarriages and also had to undergo curettage."

### **Negative Feelings in Marriage**

There were also negative experiences that affected the emotional aspects of both participants. IW recounted the emotional situation she experienced with her husband when her in-laws went through a divorce. In that situation, IW's husband had difficulty controlling his emotions.

"During my in-laws' separation, he couldn't really control his emotions, and I also got a bit upset. But it wasn't extreme anger—after the arguing, things settled down. His anger was more like giving advice, really."

FA also experienced negative emotions when her husband often did not participate in helping her with household tasks.

"There was a time when my husband was neglectful. I was working, but he just stayed still without helping at all."

### **Unfulfilled Aspirations**

In addition, the obstruction of personal aspirations also became one of the impacts experienced by both participants during their marriage. IW's aspiration to pursue higher education was hindered due to her own choice, as she felt more comfortable in the workforce.

"Not really, sis, everything was supported. Back when we were dating, I once told him that I wanted to go to college, and he said, 'Okay, let's look together for your college.' But when everything was ready, the funds were gathered, and it was already possible for me to study, I was

the one who didn't want to anymore. Because I was already used to earning money, the thought of studying again made me lazy."

Meanwhile, FA felt that her aspirations were hindered because she did not have the time to explore. Moreover, she was preoccupied with her responsibilities as a housewife and helping her husband's business.

"It was hindered, not realized. I really regret it. Because there was just no time."

### **Marriage Satisfaction Achievements**

Positive and negative experiences can reflect the life satisfaction of each participant. IW shows that life satisfaction has been achieved in her marriage, which is influenced by several factors, one of which is family support.

"Support from the people around us is also important for our lives, and parents' prayers are the most important above all. Even though we have different religions, no matter what, we must respect each other and not make distinctions. Because all religions are essentially the same; it all depends on the people themselves. Happiness also depends on ourselves, on how we behave. Every action we take has consequences."

Meanwhile, FA has not yet been able to achieve life satisfaction, especially in her married life. "If I say I'm satisfied, I'm not really satisfied yet, because I haven't reached the point of truly enjoying marriage. But on the other hand, I'm happy living it."

### **Efforts to Achieve Expectations**

Through their marriage, both participants hold certain hopes they wish to realize. IW shared that she hopes to make her parents happy, one of which is by maintaining the happiness of her marriage.

"Every child's dream is surely to make their parents happy. I haven't been able to achieve that dream yet. I haven't been able to make my parents

happy. Maybe... how should I put it... if parents see that their child's household is joyful, lasting, and happy, they will also feel happy."

Meanwhile, FA, who is always striving to learn how to be a good parent, hopes for the best future for her children.

"I really hope to see my children grow up to be good people, in the eyes of others and in the eyes of Allah. I want to see my whole family healthy, I want to see my children succeed and bring happiness to their own little families one day."

### Views on the Future

From the interview results, participant IW was able to give an illustration of her married life in the future. IW believes that she will feel happiness in the future, especially in her marriage.

"I just want to always be happy, to always be together until death separates us, and to make my parents happy. That's all really, the most important thing is to always be happy, let the sadness come later. I don't want to experience deep sadness. It's pointless to have everything if we ourselves are not happy."

Meanwhile, FA still does not feel satisfied in her marriage, so she has not been able to form a clear picture of her future.

"I can't really see it yet. I got married because it was arranged, so right now I can't predict it. And if you ask me whether I'm happy in this marriage, it's not like I'm really, really happy. So, whatever happens in the future, I just have to be ready."

Marriage experiences are greatly influenced by the background and relationship dynamics of each participant. IW, who married for love, shows higher life satisfaction thanks to family support and emotional stability, despite facing economic challenges. On the other hand, FA, who married through an arranged marriage, still feels dissatisfaction and struggles with adjustment, although she is committed to being a good parent.

Both of them experience moments of happiness, especially with the birth of their children, but also face emotional challenges and obstacles in achieving their aspirations. Their hopes reflect the desire to achieve happiness and well-being for themselves and their families, although they hold different feelings regarding the future of their marriages.

## 4 DISCUSSION

Subjective Well-Being among women who marry at an early age is influenced by various life experiences. These experiences may include both positive and negative aspects that affect happiness, life satisfaction, and emotional states. Early marriage provides diverse perspectives on how women perceive their well-being. The interview results show that IW, who married for love, has higher Subjective Well-Being compared to FA, who married through an arranged marriage. According to Rohmatul Hannani (2023), love plays an important role in achieving happiness in marriage, while arranged marriages orchestrated by parents for their children can lead to negative consequences (Allam & Ninin, 2023).

The affective component includes an overview of an individual's moods and emotions, which consist of positive and negative affects. Positive affect can influence the level of Subjective Well-Being experienced by participants. IW's positive affect comes from receiving strong support from her mother-in-law in her role as a mother, both materially and emotionally. Another positive experience was shared by FA, who found that marriage brought better routines, including improvements in appearance and productivity. Therefore, individuals who receive strong family

support are positively affected in terms of feelings, attention, and awareness (Khayun et al., 2021). Furthermore, happiness can make individuals more productive (R. D. Putri et al., 2024).

In addition to receiving support from in-laws and becoming more productive after marriage, both participants shared equal happiness upon having children. The presence of children is a dream for every married couple, especially mothers. Although both participants married at a relatively young age, they became mothers when they were already adults. Research shows that becoming a parent in adulthood can increase well-being after having children (Hairunisa, 2021). The birth of a child can certainly influence parental happiness, especially for mothers (Riadi, 2021).

However, negative experiences that caused negative affect were also reported by participants. Negative affect is aligned with unpleasant experiences. The divorce of IW's in-laws became one of the challenges she faced in dealing with her spouse, who struggled with emotional regulation. FA, on the other hand, went through a difficult period after experiencing two miscarriages, which required curettage procedures. Based on IW's interview, this relates to Sari et al. (2024), who found that children's psychological and mental stability can be influenced by the level of harmony between their parents. FA's experience is also supported by research stating that some women who experience miscarriage may develop psychological symptoms such as deep sadness, depression, and anxiety (Rahayu & Wahyuni, 2020).

The cognitive component of Subjective Well-Being represents life satisfaction. IW's marital life reflects higher Subjective Well-Being due to family

support and her positive attitude toward marriage. Her focus on love and mutual respect directly contributes to her well-being. Social support from family is important because humans generally have a social need to form strong emotional bonds (Nugraha, 2020), which ultimately increases happiness and Subjective Well-Being (Jasman & Prasetya, 2023).

Meanwhile, FA presents a more complex experience, as her life satisfaction within marriage remains low. Although she enjoys aspects of married life, her dissatisfaction indicates unresolved uncertainty and emotional challenges. Her hope of becoming a good parent and creating a better future for her children reflects her desire for happiness but also highlights her ongoing uncertainty about her married life. This aligns with research suggesting that individuals who are optimistic about their future tend to feel more satisfied and happy (Maryanti et al., 2021). However, FA still experiences uncertainty regarding the meaning and purpose of life, which indicates lower Subjective Well-Being, as having meaning and purpose in life is an important factor for well-being (Fachrisa & Budiani, 2024).

These findings suggest that the reasons behind early marriage play a more crucial role in determining the quality of Subjective Well-Being than the age of marriage itself. Although both participants married before the age of 18, the fundamental difference between marrying for love and being arranged for marriage resulted in contrasting psychological impacts. Marriages based on love and personal autonomy tend to produce higher Subjective Well-Being compared to marriages forced through arrangement. Therefore, policy interventions and support programs for women at risk of early marriage should not only focus on preventing child marriage

but also address relationship quality, individual autonomy, and emotional support that can enhance Subjective Well-Being.

## 5 CONCLUSIONS

The conclusion of this study shows that Subjective Well-Being among the two participants differs significantly. Women who marry for love, such as participant IW, tend to have a higher level of Subjective Well-Being compared to those who marry through arranged marriage, such as participant FA. This is due to factors such as IW receiving support from her in-laws, the birth of a child, and achieving satisfaction in her marriage. In contrast, FA faced more challenges, such as experiencing miscarriages, lacking support from her husband, and feeling dissatisfied with her marriage. This study highlights the importance of social support and emotional stability in enhancing the Subjective Well-Being of women who marry at an early age, as well as the need for greater attention to the potential risks that may arise from early marriage.

## 6 SUGGESTION

This study has limitations because it only involved two participants, so the results cannot be widely generalized. In addition, the study has not yet highlighted other external factors such as economic conditions, social environment, and cultural background, which also influence Subjective Well-Being. These limitations make the findings restricted to individual experiences. Therefore, future research is recommended to involve more participants with diverse backgrounds. In this way, the results will be

more comprehensive and provide a deeper understanding of Subjective Well-Being among women who marry at an early age.

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