

Module Development of Premarital Guidance for Buddhist Couples

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Buddhist couples who are going to get married view marriage as something romantic, and see it as something that simple and fun, which makes them unaware of the problems that could emerge in a marriage. The purpose of this study was to develop a module as guidance for premarital Buddhist couples, and to know the advantages and impact of the module for the couples. Data were collected by using purposive sampling. Data were analyzed using a combination of quantitative and qualitative analyses techniques for the survey, assessment and intervention. The assessment and dissemination of the module show that: (1) Buddhist couples need precise information about marriage to evaluate optimistic and heuristic thoughts, (2) the module has been evaluated concerning its content, exercise and face validity and has been valued good by experts, Buddhist monks, and premarital couples, (3) participants in this study felt they have gain a lot of advantages after reading the module.

Keywords: premarital preparation, marriage readiness, marriage adaptation, Buddhist couple

Pasangan Buddhis yang hendak menikah memandang pernikahan dengan sudut pandang romantisme, menganggap pernikahan sebagai sesuatu hal yang sederhana dan menyenangkan, sehingga tidak menyadari masalah yang akan timbul dalam sebuah pernikahan. Tujuan penelitian ini adalah mengembangkan modul persiapan pranikah bagi pasangan Buddhis dan mengetahui manfaat dan dampak modul tersebut bagi pasangan Buddhis. Para subjek diperoleh melalui *purposive sampling*. Data dianalisis dengan kombinasi analisis kuantitatif dan kualitatif pada data tahap survei, asesmen, dan intervensi. Hasil penelitian asesmen dan diseminasi modul menunjukkan bahwa: (1) pasangan muda-mudi Buddhis memerlukan informasi yang tepat mengenai pernikahan untuk mengevaluasi pemikiran optimisme yang tidak realistis dan pemikiran heuristik, (2) modul yang dibuat telah dievaluasi secara isi materi, soal latihan, dan tampilan dan mendapatkan tanggapan nilai yang baik dari uji pakar, pandita vihara dan pasangan yang hendak menikah, (3) partisipan dalam penelitian ini mendapatkan manfaat setelah membaca modul persiapan pranikah.

Kata kunci: persiapan pranikah, kesiapan menikah, penyesuaian pernikahan, pasangan Buddhis

In the preliminary study, the authors made a survey to map the problems that was experienced by Buddhist couples. This survey was conducted towards 63 married couples. The subjects were asked to identify which aspects of marriage that emerges in their marriage and gave rating (1 until 5) about the degree of the problem. Five areas of marriage problems that were experienced by the married subjects can be seen in Table 1. This table was sorted by the mean score of the rating. (1 - not really an issue, 2 - quite a issue, 3 - sometimes an issue, 4 - is an issue, 5 - really an issue). Table 1

shows that more than 80% of 63 married couples point out the five aspects that sometimes become an issue in Buddhist marriage (sorted from the highest mean score) are quality time, emotional control, ineffective communication, financial, and loyalty. Basically, a marriage is a unity of two family systems and a development of a new family system (Santrock, 2002). This is not an easy task, like McGoldtrick (cited in Morris & Carter, 1999) pointed out, that couple life, including marriage, is the most complex and difficult transition of life. This transition in general will generate friction with problems. If these problems are not resolved it could cause marital distress which is a condition when an individual feels disappointed

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