

Study of Factors That Influence Women's Diffidence in Marriage

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ABSTRACT

Diffidence is considered as one of the essential components that can resolve conflicts between a man and a woman in a marriage. Besides, the humility of one's in an interpersonal relationship can result in forgiveness that helps to maintain the relationship. This research will examine factors such as humility and forgiveness that contribute to women's acceptance within marriage. It was conducted in Kecamatan Biring Kanaya, Makassar, that followed by 87 women by using purposive sampling. The data is analyzed by spearman rho by considering humility and forgiveness scale. The results showed that there was a strong relationship between women's modesty and forgiveness in marriage. The higher the humility the wife has, the higher the mercy owned by her. This research showed that it is essential for a wife to become a person who has forgiveness and be humble to her partner.

Keywords: *Humility, the forgiveness of wife, marriage*

1. INTRODUCTION

In life, humans have responsibilities according to their growing age. Individuals who have reached adulthood have the responsibility of development to establish close relationships with others. Individuals need to build close relationships with others to fulfill their developmental tasks. Maslow's hierarchy of needs mentioned that love and belongingness as a level three of the five levels of human needs. [1]. Marriage is one of the alternative efforts that has been taken to meet the requirements. The relationship requires a couple to live in harmony. It is because the marriage principle is basically to form a happy and loving family.

Marriage brings together two different people. It requires adaptability and adjustments due to differences between partners. Adjustment between husband and wife will be better if it refers to the four main pillars in marriage. They are sincere love and respect for partners, openness based on agreements discussed at the beginning of a marriage, especially in managing family income, adjustments in sexual life with efforts to obtain well-being conditions, and togetherness in sexual activity [2]. Dicks argues that differences between married couples can inevitably be a source of conflict in marriage. Conflict is a part of life, including in married life. Every marriage cannot avoid conflict. Finkel et al. [3] argue that the source of marital conflict is that both partners are

unhappy. The source of conflict cannot be defined by both partners but feels something is blocking the relationship's intimacy. Finkel also pointed out that conflicts in a marriage may involve some issues such as finance, children, friendships, relationships with extended families, recreation, activities that are not approved by the spouse, division of work in the household, and other problems that are not specific. Conflicts that cannot be resolved by a married couple can threaten a marriage relationship. If they occur in the home, they can lead a married couple to divorce. One of the options that can be taken to overcome these problems is by forgiving. Hatred in a marital relationship can increase conflict and hinder conflict resolution. By conversely forgiving, the couple can forget painful events and reduce events that can interfere with future relationships [4]. Forgiveness is considered a strict action done by the individual as it requires them to switch from negative attitudes into positive attitudes such as compassion and tolerance [5].

Gordon et al. [5] showed that forgiveness has both the positive and negative aspects that can be used by a couple to resolve their conflict in marriage. The research was also carried out by Paleari, Regalia, and Fincham [6] about forgiveness in marriage. One hundred nineteen husbands and 124 wives followed this research. The results showed that forgiveness could predict the quality of marriage. Forgiveness is one of the keys to

permanence in marriage because it positively impacts the quality of marriage.

Paleari, Regalia, and Fincham [6] argued that there were differences in forgiveness between husband and wife, where wives are more forgiving than husbands. Kmiec [7] compiled survey data from The Mental Health American Counselors Association members, which shows that women tend more forgiving than men. Forgiveness of women is seen as a virtue and an essential part of relationships with others. In contrast, the mercy of men can be seen as a sign of weakness.

Farrel et al. [8] suggest that there is one factor that has excellent influences in the process of forgiving between family members, which is humility. Heintzelman et al. [9] suggest that in family therapy, the process of forgiveness between married couples is facilitated by three influencing factors, namely, empathy, humility, and commitment. Humility is the strength of character characterized by an accurate assessment of self-characteristics and the ability to acknowledge self-limitations [10]. Several researchers believe that there was a relationship between humility and the quality of the relationship [8] [11] [12]. Landrum [13] stated that modesty is not related to low self-esteem, pessimism, and depression. Humility is associated with high self-esteem, gratitude, forgiveness, spirituality, and general health. Humility implies an individual who is not arrogant or selfish but admits mistakes and respect for other individuals. In addition, a person who has humility tends to have patience, gentleness, control, empathy, and awareness of similarities with others to set the atmosphere to maintain the quality of relationships [14].

Powers also carried out the study of humility, Nam, Rowatt, and Hill [15] of 124 United States students consisting of 38 men and 86 women and ages ranging from 19 to 28. Research showed that there is a positive correlation between humility, spiritual transcendence, and forgiveness. A person aware that he is equal to others and acknowledging his mistakes can make it easier to forgive other individuals. Based on the description above, the researcher feels interested in researching what factors influence women diffidence in marriage.

2. METHOD

This research uses a quantitative approach that has two variables. The variables in this study are as follows: 1. Independent variable (X): Humility 2. Dependent variable (Y): Forgiveness

Humility is an individual characteristic that shows more positive qualities, such as openness, more respectful, and humble. Every human being has equality in life. Humility is measured using a scale compiled by the researchers themselves based on Elliot's dimensions [16]. The score obtained shows the level of humility possessed by the subject.

3. RESULTS AND DISCUSSION

Researchers surveyed in Biring Kanaya District, Makassar, on August 21, 2016. The survey involved 34 participants selected to find out about conflicts between married couples in the household. The survey results show most participants stated that conflict with their partner had occurred at least once in their marriage. Disputes that arise include children's problems, family, and differences habits problems. A misunderstanding has been the least problem that occurred according to obtained data. According to a further survey conducted by researchers, most of the problems were solved by forgiveness from a partner, and the number of women was revealed to be higher than men in conducting this action.

In this research, humility is measured using a scale compiled by the researchers themselves based on the dimensions proposed by Elliot [16]. The score obtained shows the level of humility possessed by the subject. The higher the score obtained by the subject, the higher the level of humility the subject has. Conversely, the lower the score obtained by the subject, the lower the level of modesty possessed by the subject. Forgiveness is an individual's attitude that tends to avoid seeking revenge from the couple, always have closeness in relationships, and a desire to improve relations with the couple after the conflict in marriage. Forgiveness was measured using a scale compiled by the researchers themselves based on the dimensions proposed by Giorgia Paleari et al. [17], namely, response, deterrence, and righteousness. The score obtained shows the level of forgiveness that is owned by the subject. The higher the subject's score, the higher the level of forgiveness that the subject has. Conversely, the lower the subject's score, the lower the level of forgiveness the subject has.

This study's population are wives who are still bound by legal heterosexual marriages Biringkanaya District, Makassar. There are population criteria in this study, namely:

- a. Must have maximal ten years of marriage.
- b. have children
- c. Conflicts have been caused by at least one of three problems: children, economy, and family matters.

Sampling in this study is non-probability sampling with a purposive sampling technique. Purposive sampling technique involves taking subjects to provide the information needed in research by particular characteristics.

There are two data collection techniques used in this study, namely questionnaires and scales. In this scale, the modesty variable is measured by four dimensions, namely openness, self-sacrifice, simple self-assessment, and high consideration to others. The modesty scale compiled by the researcher has five alternative answer

choices, which are Very Appropriate (SS), Appropriate (S), Neutral (N), Unsuitable (TS), and Very Unsuitable (STS). Statements or items that are used on a modesty scale consist of favorable and unfavorable. Favorable item scores with alternative answers SS, S, N, TS, and STS, get scores in a row of 5, 4, 3, 2, and 1. Conversely, in unfavorable item scores that alternative answers STS, TS, N, S, and SS, get scores 5, 4, 3, 2, and 1.

On the other hand, the scale for forgiveness is measured by three dimensions: retaliation, avoidance, and benevolence. The forgiveness scale compiled by the researcher has five choices of answers, namely Very Appropriate (SS), Appropriate (S), Neutral (N), Unsuitable (TS), and Very Unsuitable (STS). The statement or item used in the forgiveness scale consists of favorable and unfavorable. Favorable item scores with alternative answers SS, S, N, TS, and STS, get scores in row 5, 4, 3, 2, and 1. Unfavorable item scores with alternative answers STS, TS, N, S, and SS, get successive scores - according to 5, 4, 3, 2, and 1.

Aiken's V assessment measured the content validity in this study. Aiken's V was used to calculate the coefficient of content validity based on expert judgments.

The number of professionals in this research is four experts. The assessment is done by giving a number between 1 - 5 (very irrelevant to very relevant). The range of number V that might be obtained is between 0 and 1.00. [18]

Four experts have examined the scale of modesty and forgiveness made by researchers. The characteristics were measured and their scale was created able to reveal the attributes. The validity test results for the modesty scale ranged from 0.500 to 0.875. The forgiveness scale ranged from 0.500 to 0.938. The power of item discrimination is the extent to which items on a scale or measuring instrument can distinguish between individuals who have or do not have the attributes measured. Items with a different power index will show differences between individuals in each aspect that are measured using the relevant scale. McGahee and Ball [19] stated that the discrimination power index difference above ≥ 0.30 was considered to indicate good item discrimination. The scale in this study is multidimensional. The discriminatory power of the item is done separately for each dimension.

Table 1 BluePrint Forgiveness Scale Before Trial

| Dimension | Indicator | Item | | Total |
|-----------------------|--|-----------|-------------|-------|
| | | Favorable | Unfavorable | |
| Open | Open to admit ability, feasibility, limitations, and imperfections of others | 5, 10 | 3 | 3 |
| | Openly accept ideas new, information and advice, and other positive things. | 13 | 4, 8, 17 | 4 |
| Selfforgetfulness | Have talent, abilities, and achievements, but does not show them | 15 | 7 | 2 |
| | Do not focus on themselves excessively | 1 | 11,21 | 3 |
| Modest selfassessment | Simple self-assessment not exaggerating and not arrogant | 22 | 19 | 2 |
| Focus on others | Be sensitive to circumstances and other people's needs | 20 | 2,9,18 | 4 |
| | Respect for others | 6, 14 | 12, 16 | 4 |
| Total | | 9 | 13 | 22 |

Table 2 BluePrint Forgiveness Scale After Trial

| Dimension | Indicator | Item | | Total |
|-------------|---|-----------|--------------|-------|
| | | Favorable | Unfavorable | |
| Retaliation | Low desire to reply to a couple who made a mistake or hurt | 5, 10 | 2, 7, 14, 16 | 6 |
| Avoidance | Low desire to dodge or pull yourself from a spouse, make a mistake, or hurt | 1, 4, 12 | 9 | 4 |
| Benevolence | The desire to do good at couples who are made a mistake or who have hurt | 6, 11, 13 | 3, 8, 15 | 6 |
| Total | | 8 | 8 | 16 |

Table 3 Descriptions of Age at Marriage of Research Subjects

| Duration of Marriage | Number (person) | Percentage (%) |
|----------------------|-----------------|----------------|
| One year | 1 | 1.15 |
| Two years | 8 | 9.20 |
| Three years | 8 | 9.20 |
| Four years | 9 | 10.34 |
| Five years | 11 | 12.64 |
| Six years | 9 | 10.34 |
| Seven years | 12 | 13.79 |
| Eight years | 7 | 8.05 |
| Nine years | 14 | 16.09 |
| Ten years | 8 | 9.20 |
| Total | 87 | 100 |

Table 4 Description of the Number of Research Subject Children

| The number of children | Number (person) | Percentage (%) |
|------------------------|-----------------|----------------|
| 1 | 35 | 40.23 |
| 2 | 40 | 45.98 |
| 3 | 9 | 10.32 |
| 4 | 2 | 2.30 |
| 5 | 1 | 1.15 |
| Total | 87 | 100 |

The forgiveness scale is arranged based on three dimensions, and the discrimination power limit for this scale is ≥ 0.30 . The results of forgiveness scale trials conducted by researchers of 30 respondents showed the following results.

Descriptive data on modesty was obtained from the subjects' responses to the scale provided. The modesty scale is 22 items with a range of scores between 1 and 5. The results of the data calculation can be seen in Table 5.

Table 5. Descriptions of Hypothetical Humility Data

| Variable | Hypothetic | | | SD |
|----------|------------|-----|------|-------|
| | Min | Max | Mean | |
| Humility | 22 | 110 | 66 | 14.67 |

The categorization of wife modesty variables in marriage can be seen in Table 6.

Table 6. Categorization and Interpretation of Humility Scores

| Range | Frequency | Percentage (%) | Category |
|------------------|-----------|----------------|----------|
| $81 \leq X$ | 72 | 82.76 | High |
| $51 \leq X < 81$ | 15 | 17.24 | Medium |
| $X < 51$ | - | - | Low |
| Total | 87 | 100 | |

The results of the categorization show that the majority of research subjects, in this case, are wives with levels.

Descriptive data on forgiveness was obtained from the subjects' responses to the scale provided. The forgiveness scale is 16 items with a range of scores between 1 and 5. The results of the data calculation can be seen in Table 7.

Table 7 Description of Hypothetic Data Forgiveness of modesty in the high category.

| Variable | Hypothetic | | | SD |
|-------------|------------|-----|------|-------|
| | Min | Max | Mean | |
| Forgiveness | 16 | 80 | 48 | 10.67 |

The categorization of the wife's forgiveness variable in marriage can be seen in Table 8.

Table 8 Categorization and Interpretation of Forgiveness Scores

| Range | Frequency | Percentage (%) | Category |
|------------------|-----------|----------------|----------|
| $59 \leq X$ | 62 | 71.26 | High |
| $37 \leq X < 59$ | 25 | 28.74 | Medium |
| $X < 37$ | - | - | Low |
| Total | 87 | 100 | |

The results of the categorization show that the majority of research subjects, in this case, are wives with a high level of forgiveness. Markman et al. [20] suggest that a couple should adapt to their early years of marriage. This because every individual must have different characteristics. Being in a marriage means that two individuals are united. The differences between them can lead to conflicts if they are not trying to understand each other behaviors.

As one of the criteria that has been taken in this study was the couple must be in the early year of their marriage (no more than ten years), conflicts might occur. These years are a critical period of marriage. The couple was facing several differences that might lead to conflicts if they do not try to adjust their differences. Research

conducted by Markman [20] shows that marriages in the first five years go through five adjustment pattern phases: the honeymoon, the adaptation, the critical, reality accepting, and the real happiness phase.

Based on the number of children, the married couple who have one or two children contributes to the highest number of participants, 40.23% and 45.98 % consecutively. Others were 10.32 % of subjects had three children, 2.30 % had one child, and the remain 1.15 % had five children.

Girgis et al. [21] suggested that children may be the reason to strengthen a marriage. On the other hand, they can also be the source of conflict in this relation. This statement is also supported by Cowan and Hetherington [22]. A couple in a marriage will face new roles and tasks when they have their first child. As a new couple, they had to face many new responsibilities, such as caring for the child. Both of them may have different interests and views on how to raise their children. Burdened by new tasks and roles, both can have different interests that can lead them to conflict. Suppose one of the partners has the modesty and respect for each other. In that case, this behavior can reduce the possibility of conflict. This study showed that the number of women who have humility was more significant than those of men. Farrell et al. [8] believe that humility can lead to an improvement in terms of relations after conflict. It is challenging to avoid disputes in a relationship as each individual may have different interests and values. In this study, women contribute a higher modesty score, which is 72 of 87 participants (82.76%) in the high category. This indicates that most of the wives have a high humility trait. Some research showed that a woman is believed to be a more friendly, patient, and easily empathetic nature. These characteristics can have a significant influence on humility. Therefore, humility is considered as a good impact on interpersonal relationships.

Peters et al. [11] argue that modest individuals have a sense of patience, gentleness, control, and empathy to regulate the atmosphere to maintain the quality of relationships. LaBouff et al. [23] stated that a good relationship could be built by individuals who have humble behavior and excellent social support. Chancellor and Lyubomirsky [10] believed that modest individuals tend to have a good relationship with others. People will also feel more respectful of each other. They have certain advantages in interpersonal ties as they do not feel superior or inferior to others. Likewise, in marriage, the modest wife realizes that she has more advantages than her partner by having timidity. She realizes that every household must adapt to their difference, able to collaborate in managing every domestic, and can accept the shortcomings of his partner.

In terms of forgiveness, Kmiec [7] believed that women feel the ability to forgive is their commendable act. About 62 (71.26%) of women respondents stated that

they must have the ability to forgive every time conflict happens as this act brings peace in their marriage life. The score in this study was in the high category. It indicates that most wives can forgive and realize that forgiveness can bring more benefits for them than argue for something that can be solved quickly. Preliminary data showed that about 59 % of participants stated that wives were more forgiving than husbands.

In addition, Pollmann and Finkenauer [24] also stated that wives tend to be more influential in the process of forgiveness as they believe that this act may be the best solution for every problem. The wife may forgive her partner's mistakes based on the closeness that they have in the relationship. The closer the relationship they have, the more possibility for women to forgive their partner's mistakes. It happens as women want to solve every problem they have as soon as possible and make their relationship back to normal again. This makes them feel more comfortable and happy.

Riek and Mania [25] argue that the quality of the relationship influences forgiving behavior in interpersonal relationships because couples who are willing to forgive have high motivation to maintain good relations. The high quality of the relationship the pair has, the higher the tendency for them to avoid marriage conflicts. If the disputes occur, both of them must understand and commit to solving them. Riek and Mania also suggested that the quality of relationships should have both understanding and commitment that can result in the satisfaction, which are parts of characters included in forgiveness. Couples who have this quality of the relationship will be better prepared to resolve their problems if there is a conflict.

The results of hypothesis testing using the Spearman rho technique, which is about 0.432, indicate a positive and significant ($p=0.00$) less than 0.01 relation between two factors that contribute to the diffidence of women's humility and forgiveness. Women, according to this value, have more in terms of both personalities. This shows that the higher the wife's humility, the higher the forgiveness that the wife has. This study's results are the same as the results of research conducted by previous research [8], which shows a positive relationship between these two factors for both couples. This research emphasizes that women contribute than men in these variables.

Personal forgiveness is generated by the high satisfaction of a couple in marriage [26]. People with extroverts personality tends to forgive more as they may have a more humble nature. Accepting others' mistakes, followed by giving respect to others, also determined extrovert's personality, which makes people with these characteristics easily make friends in terms of social relations. Ashton and Lee [27] suggest that humility is a personality that is derived from the Five-Factor personality model. Personality honesty-humility includes

the nature of honesty, fairness, sincerity in working with others, so humility can be said to be related to individual forgiveness. They believed that an individual should own humility to connect with other individuals. By having this personality In interpersonal relationships, forgiveness may occur that can be used to overcome any conflicts. Fife, Weeks, and Filbert [28] suggested that both personalities help couples to maintain their relationship and to respect each other. Hence, it is not necessary to be either defensive or feel the need to reciprocate. Each individual in the interpersonal relationship needs to identify the cause of every conflict in their marriage life. They are encouraged to be more understanding that every person may make mistakes in their life. This can be a motivation for them to have the humility that can lead to forgiveness. By having these personalities, a marriage may have less and even no interpersonal conflicts. They said that individuals with humility could easily accept other's imperfectness and more tolerant of their mistakes, which are also believed to happen in marriage life.

4. CONCLUSION

Women showed significant roles in terms of solving marriage problems as they tend to have higher humidity. This number leads to higher forgiveness to their partners in a marriage. As one of the essential components in an interpersonal relationship, Humility has positive relation in forgiveness. It means that if an individual has these two personalities in a marriage, their partner's imperfectness will be easily accepted, which could lead to a happier and long-lasting marriage.

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