

AN OVERVIEW OF ANXIETY ABOUT MARRIAGE IN EARLY ADULT WOMEN FROM A *BROKEN HOME FAMILY BACKGROUND*

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ABSTRACT

This study examines the picture of anxiety about marriage in early adult women who come from broken homes. Anxiety that arises is multidimensional, encompassing affective, cognitive, behavioral, and physiological aspects, influenced by childhood experiences, parental divorce trauma, and social and cultural pressures. The research method used was qualitative with a descriptive approach, involving five subjects of early adult women aged 20–35 years who were selected through purposive sampling. Data collection was carried out through semi-structured in-depth interviews and participatory observations, then analyzed with data reduction, data presentation, and triangulation procedures to ensure the validity of the findings. The results showed that affective anxiety was characterized by emotional fear, anxiety, and excessive worry about marriage; cognitive anxiety arises through negative thoughts about household failure, inability to maintain relationships, and trauma from family experiences; behavioral anxiety includes avoiding marriage topics, delaying commitments, and keeping distance from your partner; while physiological anxiety is seen through sleep disturbances, heart palpitations, changes in appetite, and fatigue. These findings emphasize the need for comprehensive psychological interventions, including counseling, healthy relationship education, and social support, to help early adult women from broken homes recognize anxiety patterns, manage negative thoughts, and build emotional readiness for marriage.

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INTRODUCTION

Marriage is a social institution that binds two individuals in a long-term relationship based on mutual rights, obligations, and responsibilities to achieve a harmonious and satisfying life (Haq & Permadi, 2016). In an ideal

context, marriage is not only a social obligation, but also a source of emotional satisfaction through closeness, friendship, fulfillment of sexual needs, togetherness, and emotional development (Purwaningtyas et al., 2022). The intimacy created in a husband and wife relationship will provide a solid emotional foundation for both of them (Amalina & Kinanthi, 2017). Commitment is an important element that allows couples to stay attached to each other in various life dynamics (Basofi, 2017). Failure to fulfill commitments or intimacy can lead to significant relationship fractures. The family as the first social unit provides an environment in which children acquire the basis for the formation of character, social and cognitive abilities that influence their success in adulthood. A positive relationship between parents and children is an important predictor in an individual's readiness to enter married life.

Emotional interaction between parents and children plays a big role in shaping children's expectations of the next social relationship (Bahjatunnisa, 2024). Differences of opinion and conflict in the family are normal, but if the conflict continues, it can lead to divorce. Divorce can have negative psychological impacts on children, including low psychological well-being, distrust of others, and self-development problems (Deslyana, 2021). Selfish attitudes or inability of family members to compromise are the main triggers of prolonged conflict. This psychological impact will shape the child's perception of interpersonal relationships and marriage in the future. Instability in the nuclear family can affect the way individuals assess security and commitment in romantic relationships. Research also shows that emotional trauma in childhood can increase the risk of anxiety in adult relationships (Picauly & Kusumiati, 2025).

The phenomenon of broken home is one of the consequences of unresolved family conflicts (Devi & Tobing, 2024). Broken home describes a situation in which family harmony is no longer maintained, which can be seen from the structure and completeness of the family element (Sari, 2024). Data in 2023 shows the number of divorces in Indonesia reached 463,654 cases, with disputes as the main cause (Utami & Hakim, 2019). Economic problems, the absence of a spouse, and domestic violence are also factors that cause divorce. This situation has a significant psychological impact on children, especially girls, which can affect their views and anxiety about marriage in adulthood (Friday & Murdiana, 2024). Exposure to *broken home* increases the likelihood of children experiencing emotional disorders, including social anxiety and fear of intimacy (Rajagukguk, 2022). Negative perceptions of the institution of marriage can be formed from an early age due to traumatic family experiences.

Early adulthood is an important stage of transition from adolescence to adulthood, with an age range of 20 to 35 years (Falculan dkk., 2019). At this stage, individuals begin to take on more complex social roles, including job responsibilities, social relationships, and readiness to form a family (Natalie & Widhigdo, 2024). Childhood experiences in a broken home family can form uncertainty about romantic relationships and married life. Early adult women who were raised in disharmonious families tended to experience fear in starting a marriage. The impact of a broken home can appear in the form of difficulty getting along, low self-confidence, and a crisis of affection (Indahsari & Fitriani, 2021). However, the need to be loved and to love remains a strong motivation in building adult relationships (Emmanuel dkk., 2022). An individual's perception of security, acceptance, and intimacy is very important in determining readiness to enter marriage.

Anxiety about marriage often arises from traumatic childhood experiences in a family that is not intact (A. Gul & Nadeemullah, 2017). The insecurities experienced while growing up in a broken home family can cause deep concerns about long-term relationships. Individuals can experience feelings of tension, excessive worry, and fear of failure in a marriage relationship (Natalie & Widhigdo, 2024). Factors that cause anxiety include a lack of a healthy marriage model, parental conflict, and negative emotional experiences (K. Gul et al., 2025). Anxiety reactions also include physiological responses to threats that the ego cannot control (Setiasih et al., 2023). Studies show that individuals with *broken home* tend to postpone marriage or choose a partner that reduces the risk of conflict (Firdausi et al., 2020). This mindset forms a critical and selective attitude towards your partner.

Experience *broken home* It also has a significant impact on children's mental health, which can last into adulthood. Cases of prolonged trauma are often found in individuals dealing with parental divorce, including marital anxiety. For example, a 22-year-old woman who experienced a parental divorce showed a deep fear of the institution

of marriage. This anxiety is linked to traumatic memories and negative emotional experiences during childhood. This phenomenon is not only individual, but also shows a general pattern in society regarding the impact of broken homes. Empirical research shows correlation between parental divorce and marital anxiety in early adult girls (Zafar & Kausar, 2024). Family environment factors are the main predictors of psychological readiness for marriage.

This study examined early adult women because their experiences in broken homes have specific psychological implications. Previous research has shown that women who experience fatherlessness or fatherlessness have higher levels of marriage-related anxiety (Violita, 2024). A similar thing was found in studies related to paternal polygamy, where the emotional impact was more pronounced for women depending on the developmental stage at which the incident took place (Montolalu et al., 2023). Women's emotional and social experiences are often more complex than men's in dealing with family trauma. This study aims to explore their perception of marriage based on family experiences. Marital anxiety can affect decisions, social interactions, and expectations for a life partner. Focusing on women allows for a deeper understanding of the influence of family on their psychosocial development.

Marriage for early adult women is not just a social institution, but also a reflection of their childhood experiences and the relationship models they witnessed. Anxiety that arises from experience *broken home* can hinder the formation of healthy and stable relationships. Factors such as parental communication, unresolved conflicts, and negative role models influence women's views on marriage (Kurniati & Rozali, 2020). This experience forms expectations that are often colored by fear and excessive caution in choosing a partner. In addition, social support and the quality of peer relationships also influence the way women view marriage (Cantika & Subroto, 2024). Individuals who have good coping skills tend to be able to cope with anxiety despite coming from a broken home. This research emphasizes the importance of family experience context in understanding marital anxiety.

The experience of a broken home not only has an impact on anxiety, but also on an individual's interpretation of the concept of marriage. Early adult women may view marriage as a risk or a source of uncertainty, depending on family experiences (Achmad, 2025). This affects expectations of the partner, readiness to commit, and the quality of interpersonal relationships. Anxiety can arise as an adaptive reaction to previous negative experiences, aimed at protecting oneself from potential trauma (Mistiani, 2018). Individuals who experience *broken home* requires psychological adjustment strategies to overcome anxiety and build healthy relationships. This study seeks to describe this phenomenon in depth.

This study highlights three main focuses, namely anxiety about marriage, early adult women's perceptions of the institution of marriage, and the influence of broken home family experiences on emotional attitudes and mindsets related to marriage. The aim of the study was to understand how family background shapes an individual's understanding and emotional reaction to long-term commitment. A qualitative approach is used to explore the subject's experience in depth, contextual, and personally. This study emphasizes the psychosocial and emotional dimensions, in particular how childhood experiences and family dynamics affect perceptions of romantic relationships. The focus on early adult women provides specific insights into the impact of broken homes on psychological, social, and marriage readiness development. The findings obtained are expected to be the basis for more targeted psychological interventions, counseling, and family education. In addition, this study opens up opportunities for follow-up studies that examine the relationship between family experiences and the ability to build healthy relationships in adulthood.

The phenomenon of anxiety about marriage in early adult women against the background of a broken home is an important issue in developmental psychology and family psychology. This study is expected to comprehensively describe the influence of family experiences on marriage attitudes and perceptions. Childhood anxiety and traumatic experiences can affect decisions, social interactions, and the quality of interpersonal relationships in adulthood. The results of this study can be used as a basis for intervention programs that support the psychological readiness of individuals in the face of marriage. The focus on early adult women provides a clearer understanding of the impact of gender in the context of broken homes. This research also contributes to the literature on developmental psychology,

marital anxiety, and family impact. This study concludes with a phenomenological analysis of how early adult women interpret and interpret their experiences related to marriage.

METHOD

This study uses a qualitative approach to gain an in-depth understanding of marriage anxiety in early adult women from broken homes. According to Moleong (2020), qualitative research aims to understand the phenomena experienced by the research subject, including behaviors, perceptions, motivations, and actions, holistically by describing in terms of words and language in a natural context. This approach allowed researchers to explore the subjective experiences of early adult women related to marital anxiety influenced by childhood experiences in disharmonious families (Junaidin et al., 2023). The research sample was selected based on the typical characteristics of the case according to the focus of the study, not the large number or statistical representation (Scott, 2023). The study subjects consisted of five early adult women aged 20 to 35 years with a broken home family background, selected through a purposive sampling technique that considered the suitability of the subject's criteria for the research objectives (Arikunto, 2013). Sampling techniques are flexible and can adjust the amount or The characteristics of the subject are in line with the conceptual understanding that develops during the research.

Table 1 Identity of the Informant/Subject

Subject I	Subject II	Subject III	Subject IV	Subject V
SK	AP	MM	AP	MS.
30 Years	26 Years	28 Years	28 Years	26 Years
Woman	Woman	Woman	Woman	Woman
Christian/ Batak Karo	Christian/ Batak Karo	Christian/ Chinese	Christian/ Batak Toba	Christian/ Batak Karo
D3	S1	S1	S1	S1
Fourth child	First Child	Second Child	Third Child	Fourth child
Housewives Ladder	Farmer	Merchant	Merchant	Pensioner PNS
10 Years	15 Years	16 Years	18 Years	20 Years
With Mom	With Mom	With Mom	With Mom	With Mom

Source: Researcher, (2025)

Data collection was carried out through in-depth interviews (*in-depth interview*) and participatory observation. According to Sugiyono (2023), an interview is a two-way interaction to exchange information and ideas on a specific topic through a question and answer session. The interviews used are semi-structured, providing flexibility for researchers to explore the subject's responses while still following the interview guidelines that have been prepared. In addition, observation is carried out in an unstructured manner, where the researcher observes the behavior, expression, and interaction of the subjects in a natural context without using standard instruments, but based on predetermined observation signs. The combination of interviews and observations allows for data triangulation so that the information obtained is more valid and comprehensive. This approach is expected to be able to capture the complexity of the subjective experiences of early adult women related to marital anxiety in the family *broken home*.

RESULTS AND DISCUSSION

Early Adult Woman's Marriage Anxiety from a Broken Home Family

Marital anxiety in early adult women from broken homes shows an affective dimension, characterized by feelings of fear, anxiety, and discomfort with commitment (Afifah, 2023). Subject I states, *"I felt the marriage was*

scary since seeing my parents' divorce. When thinking about the future, I often feel anxious and unconfident. I was afraid that marriage would only bring problems like my parents did. Every time I was in a relationship, I was hesitant to go further for fear of being hurt and abandoned like my mother used to be. Even though when my father left I looked fine, I actually harbored a deep fear." (I-10064–I-10066). Subject II also reveals, "Marriage is not a pleasant thing to talk about. I often feel scared and apprehensive when people mention commitments or the future. I always felt unsure of being able to maintain a stable relationship because the experience of living in a family full of quarrels made me traumatized." (II-10069–II-10076).

Furthermore, Subject III states, "The shadow of parental conflict still affects the way I view relationships. Imagining marriage makes me feel uncomfortable and afraid. I was worried that I wouldn't be able to be a good partner, and even more afraid of having to go through a divorce like my parents" (III-10084–III-10108). Subject IV added, "The divorce of my parents caused a lot of trauma in my heart, I slipped a little fear into believing my partner. I feel that there is a certain disappointment when it comes to marriage" (IV-10051–IV-10056). Subject V stated, "My family background makes me honestly have a lot of doubts about the concept of marriage. I often feel that marriage will only bring new wounds, as I see in mothers who have to struggle on their own after they leave us" (V-10074–V-10076). This affective anxiety is the basis for the emergence of emotional insecurity in a romantic relationship.

The cognitive dimension of anxiety is reflected in negative thoughts and excessive worries about marriage and the ability to maintain relationships (Diana, 2023). Subject I confessed, "I often feel doubtful whether I will be able to maintain a relationship if I am married later. I'm afraid that later I won't be mature enough or strong enough to face domestic problems. I'm also worried that my partner will change over time just like my father." (I-10088–I-10091). Subject II stated, "I often feel that marriage is not for me so I am not sure I can run it well. I wondered what if I failed, but what if my partner cheated too? I feel like I have no control over the future, and it always makes me feel worried." (II-10088–II-10094). Subject III added, "The fear of committing arises whenever my partner mentions the future, so I feel unprepared and tend to back off. I often feel that marriage will only complicate life. I'm afraid I won't be able to keep the relationship stable in the long run." (III-10112–III-10120). Subject IV reveals, "I'm afraid that everything I imagined wouldn't turn out to be true. I'm afraid of bearing the emotional burden that may arise in a long-term relationship. In fact, that's what makes me depressed." (IV-10057–IV-10064). Subject V also states, "I think marriage is something uncertain, and it is precisely because of that uncertainty that my mind is filled with fear. I don't feel like I'm going to be strong enough if one day the relationship doesn't go as expected." (V-100140–V-100141). This cognitive anxiety affects the subject's ability to make marriage-related decisions.

The behavioral dimension reflects the mechanism *Coping with* in the form of avoidance of marriage talk and commitment (Bahjatunnisa, 2024). Subject I states, "It's normal for me to talk about the future, but I feel uncomfortable. So I tried to change the topic or pretend to be busy so that the wedding topic didn't continue. Once my partner discussed that direction, I chose to stay away for a few days." (I-10095–I-10097). Subject II added, "I still have a lot of confidence in my teammates. I also want to be too dependent. I'm afraid that if I hope too much, he'll let me down. Finally I asked for time, when in fact I just wanted to avoid it." (II-10122–II-10129). Subject III reveals, "Usually I was enthusiastic at the beginning of the relationship, but when I started discussing long-term commitments, I became closed and withdrawn. I often deliberately don't reply to messages, avoid meetings, or look for excuses not to meet." (III-10126–III-10140). Subject IV affirms, "I prefer to keep my distance rather than talk about things that make me anxious. At that moment, I felt like I had made the right choice." (IV-10095–IV-10097). Subject V states, "If someone starts talking about marriage plans, I immediately divert the conversation or else I will be silent. Whenever I started to get close to someone and felt that the relationship could be serious, I looked for faults and chose to back off." (V-100151–V-100153). This pattern of behavior indicates an attempt to reduce psychological distress through avoidance.

The physiological dimension includes physical symptoms due to marital anxiety, such as sleep disturbances, heart palpitations, fatigue, and indigestion (Harefa & Savira, 2021). Subject I confessed, "To be honest, I'm a little

nervous and I feel like I'm going to have to deal with it." (I-10098–I-10099). Subject II states, *"I often have trouble sleeping when I think about marriage. My mind kept spinning, imagining the bad possibilities that could happen in the future. Sometimes I can only sleep before dawn, and when I wake up my body feels very tired."* (II-10138–II-10141). Subject III added, *"Lately, when the relationship started to get serious and there started to be talk about the future, my appetite dropped dramatically. I didn't expect that anxiety about marriage could affect my body. Sometimes my heart is palpitating, my sleep is often disturbed, I am also tired easily, and sometimes I have indigestion."* (III-10151–III-10156). Subject IV stated, *"Maybe if I get too serious about my commitment or marriage, I feel like my appetite has decreased, my body doesn't feel good. Trauma due to the bad experience of the parents' marriage and the pressure from the family collides with each other"* (IV-10098–IV-10105). Subject V reveals, *"Lately I've been feeling physically exhausted easily, especially after a lot of pressure from my family asking when I'm going to get married. My body also feels that anxiety, sometimes my neck feels tense, my head is dizzy, and my body feels powerless even though I don't have much activity."* (V-100162–V-100167). This symptom confirms a direct link between psychological stress and physical conditions.

The findings show that early adult women from broken homes experience multidimensional marital anxiety that includes affective, cognitive, behavioral, and physiological aspects. Affective anxiety arises as emotional fear, discomfort, and excessive worry about commitment. The cognitive aspect can be seen from negative thoughts about the ability to maintain relationships, potential domestic failure, and past trauma. Behaviors that emerge include avoiding talking about marriage, delaying commitments, and keeping distance from your partner. Physiologically, anxiety is characterized by sleep disturbances, fatigue, heart palpitations, and changes in appetite. The intensity and focus of anxiety varies from subject to subject, but in general the experience of a broken home forms a negative mindset and emotional response to long-term relationships. These findings confirm the importance of understanding multidimensional marital anxiety in early adult women from incomplete family backgrounds.

Perceptions and Views on Marriage in Early Adult Women from Broken Homes

Perceptions of marriage are influenced by past experiences, particularly parental divorce, which leave emotional trauma and form a negative view of long-term commitment. (Augustine, 2016). Subject I stated, *"I'm afraid that marriage will only bring problems like my parents did. I am often anxious and unconfident when thinking about the future."* (I-10064–I-10066). Subject II added, *"I'm afraid of the same failure, and it makes me often avoid relationships that are too serious"* (II-10069–II-10076). Subject III stated, *"The shadow of parental conflict affects the way I look at relationships. I'm worried that I won't be able to keep the relationship stable in the long run."* (III-10112–III-10120). Subject IV emphasizes, *"Imagining a future in marriage brings a lot of anxiety. I feel unsure of being able to deal with various conflicts and responsibilities as a wife."* (IV-10057–IV-10064). Subject V states, *"I often think, what if I can't be a good wife or maintain the relationship as expected?"* (V-100140–V-100141). Past traumas shape their belief that marriage is full of risk and uncertainty.

The psychological impact of parental divorce is seen in emotional anxiety, including fear of loss, betrayal, and failure to build a stable relationship (Wulandari & Fauziah, 2019). Subject I reveals, *"I'm afraid that marriage will only repeat the wounds of the past due to parental conflicts"* (I-10064–I-10066). Subject II added, *"I always felt like I couldn't maintain a relationship. The trauma of the family experience makes me anxious whenever there is talk about the future."* (II-10088–II-10094). Subject III states, *"I often overthink loyalty and commitment. I don't feel ready to go any further in the relationship."* (III-10084–III-10108). Subject IV emphasizes, *"I slipped the fear of trusting my partner because of past trauma. When it comes to marriage, I feel depressed and anxious."* (IV-10051–IV-10056). Subject V states, *"That fear is deeply ingrained and affects the way I build relationships. I feel safer keeping my distance than getting too deeply involved."* (V-10074–V-10076). This condition shows the internalization of childhood trauma on the perception of early adult marriage.

Cognitive perceptions related to marriage reflect concerns about personal ability to maintain relationships and deal with domestic conflicts (Sari, 2024). Subject I states, *"I doubt if I can maintain a relationship if I get married later. I'm afraid I'm not mature enough to face domestic problems."* (I-10088–I-10091). Subject II adds, *"I often feel like marriage isn't for me. I'm afraid of failure and my partner cheating"* (II-10088–II-10094). Subject III reveals, *"I'm afraid of not being able to be a good partner, and more afraid of going through a divorce like my parents"* (III-10084–III-10108). Subject IV states, *"I'm afraid that everything I imagine doesn't match reality, and this makes me depressed"* (IV-10057–IV-10064). Subject V asserts, *"Marriage is something uncertain, and that uncertainty fills my mind with fear"* (V-100140–V-100141). This cognitive outlook hinders their readiness to enter into a marital commitment.

The social dimension can be seen from family and environmental pressures that affect the perception of marriage (Devi & Tobing, 2024). Subject I stated, *"I feel like my marriage time is getting narrower, so family pressure adds to my anxiety"* (I-10088–I-10091). Subject II reveals, *"As the first child, I feel that I have a responsibility as an example for my younger siblings. This makes me anxious about my long-term commitments."* (II-10088–II-10094). Subject III added, *"It was difficult for me to cultivate full trust in my partner after witnessing my parents' divorce. It affects social interaction with the partner"* (III-10112–III-10120). Subject IV states, *"Batak culture requires women to marry at a productive age. I feel a dilemma between personal desires and family demands."* (IV-10057–IV-10064). Subject V affirms, *"I was worried about having to raise a child alone like my mother. The pressure of the environment makes me even more afraid of commitment."* (V-100140–V-100141). This social pressure influences their decision to have a romantic relationship.

Perceptions of marital risk also include physiological dimensions, where psychological stress triggers bodily responses, such as sleep disturbances, fatigue, and appetite changes (Picauly & Kusumiati, 2025). Subject I confessed, *"To be honest, I'm a little nervous and I don't feel good about it."* (I-10098–I-10099). Subject II states, *"Sometimes I can only sleep before dawn, and when I wake up my body is very tired"* (II-10138–II-10141). Subject III adds, *"Lately, my appetite has decreased drastically. My heart was palpitating, my sleep was disrupted, and sometimes I had indigestion."* (III-10151–III-10156). Subject IV reveals, *"I feel like my appetite is reduced and my body becomes less comfortable when discussing commitment or marriage"* (IV-10098–IV-10105). Subject V states, *"My body also feels anxiety, my neck feels tense, my head is dizzy, and my body feels powerless"* (V-100162–V-100167). This physiological response shows a direct link between emotional trauma and perceptions of early adult marriage.

Overall, the perception of marriage in early adult women from broken homes is influenced by internal and external factors. Past trauma forms negative views, distrust of the partner, and excessive worry about marital risks (Deslyana, 2021). Social pressures from family and culture add to the complexity of perception, so a dilemma arises between personal desires and external demands. Subjects I–V showed variations in perception, depending on personal experience, birth order, and family circumstances. Emotional, cognitive, behavioral, and physiological anxiety are intertwined in shaping their outlook on marriage. This view influenced Bahjatunnisa's findings (2024) that their readiness to commit and build a long-term relationship. Understanding these perceptions is important for designing appropriate psychological interventions for early adult women from the family *broken home*.

Early adult women's perception of the institution of marriage is influenced by the parents' childhood experiences and divorce. The findings suggest that family trauma shapes a skeptical view of long-term commitment and stable marriages. Anxiety comes in the form of uncertainty about one's abilities, fear of failure, and social and cultural pressures that weigh on personal choices. Subjects display a tendency to avoid serious conversations about marriage and delay commitment decisions. The physiological impact of anxiety is seen in sleep disorders, fatigue, and other psychosomatic symptoms. This negative perception of marriage reflects the internalization of past experiences and limits the ability to build healthy relationships. These results emphasize the importance of psychological interventions that consider emotional, cognitive, and social aspects.

Factors Causing and Impacting Marriage Anxiety on Early Adult Women from Broken Home Families

Childhood trauma due to parental divorce is a major factor affecting marital anxiety in early adult women. Subject I expresses, *"I am afraid that marriage will only bring problems like those experienced by my parents"* (I-10064–I-10066). Subject II adds, *"The experience of living in a family full of quarrels made me traumatized and afraid of the same failure"* (II-10069–II-10076). Subject III states, *"The shadow of parental conflict still affects the way I view relationships"* (III-10084–III-10108). Subject IV affirms, *"The divorce of my parents caused a trauma in my heart, I slipped a little fear into trusting my partner"* (IV-10051–IV-10056). Subject V mentions, *"My family background made me have a lot of doubts about the concept of marriage"* (V-10074–V-10076). This experience creates deep emotional uncertainty. This internal factor is the basis for the emergence of multidimensional anxiety.

Distrust of the couple and the role of marriage arises as a direct result of past experiences. Subject I states, *"I am often hesitant to go further for fear of being hurt and abandoned like my mother used to be"* (I-10064–I-10066). Subject II adds, *"I always felt unsure of being able to maintain a stable relationship because of past trauma"* (II-10069–II-10076). Subject III reveals, *"I often feel that marriage will only complicate my life, fearing that I will not be able to keep the relationship stable in the long run"* (III-10112–III-10120). Subject IV affirms, *"I prefer to keep my distance rather than talk about things that make me anxious"* (IV-10095–IV-10097). Subject V states, *"When the relationship starts to get serious, I look for fault and choose to back off because I am afraid of hurting myself just like I did in my childhood"* (V-100151–V-100153). This distrust gives rise to behavioral and emotional anxiety. The psychological impact of this distrust includes avoidant behavior and decreased social interaction with partners.

Cognitive factors also play an important role in triggering marital anxiety. Subject I states, *"I am afraid that later my partner will change like my father, because at first my father was good but still left my mother"* (I-10088–I-10091). Subject II adds, *"I often feel like I have no control over the future, and that always makes me feel worried"* (II-10088–II-10094). Subject III states, *"I am afraid of not being able to be a good partner, and more afraid of going through a divorce like my parents"* (III-10084–III-10108). Subject IV affirms, *"I am afraid that everything I imagine does not correspond to reality and that depresses me"* (IV-10057–IV-10064). Subject V adds, *"I often think about what if I can't maintain the relationship as expected"* (V-100140–V-100141). These negative thoughts form cognitive distortions that reinforce anxiety. This process shows a close relationship between past experiences and mindsets toward marriage.

Social and cultural pressures are external factors that reinforce marital anxiety. Subject I confessed, *"I feel that the time of marriage is getting narrower, so the family pressure adds to the anxiety"* (I-10088–I-10091). Subject II adds, *"As the first child, I feel a responsibility to be an example to my younger siblings"* (II-10088–II-10094). Subject III mentions, *"I find it difficult to cultivate full trust in my partner because of my parents' divorce experience"* (III-10112–III-10120). Subject IV affirms, *"Batak culture demands that women marry at a productive age, making me dilemma between personal desires and family demands"* (IV-10057–IV-10064). Subject V states, *"I am worried about having to raise a child alone like my mother, environmental pressure makes me even more afraid of commitment"* (V-100140–V-100141). These social pressures interact with internal factors and reinforce multidimensional anxiety. The pattern of interaction between internal and external factors is the main determinant of their psychological response.

The physiological impact arises as a result of the accumulation of emotional and cognitive stress experienced by the subject. Subject I reveals, *"The body feels bad when it is discussed"* (I-10098–I-10099). Subject II adds, *"I could only sleep before dawn and my body was very tired when I woke up"* (II-10138–II-10141). Subject III states, *"Appetite decreases dramatically, heart palpitations, sleep disturbances, and sometimes indigestion"* (III-10151–III-10156). Subject IV affirms, *"Decreased appetite and less appetite when discussing commitment or marriage"* (IV-10098–IV-10105). Subject V added, *"My body also felt anxiety, my neck was tense, my head was dizzy, and my body felt powerless"* (V-100162–V-100167). This physiological response shows significant manifestations of psychosomatic stress. These physical disorders reinforce fear and hinder readiness to commit.

A whole host of internal, external, and physiological factors make up a complex pattern of anxiety. Family trauma, distrust, negative thoughts, and social pressures interact simultaneously to shape emotional and behavioral responses in subjects (Amalina & Kinanthi, 2017; Basofi, 2017). Subjects I–V showed variations in anxiety intensity according to personal experience, age, and birth order. The anxiety that arises affects not only the outlook on marriage but also decisions regarding relationship commitment. This multidimensional impact emphasizes the importance of integrated psychological interventions. Adaptive coping strategies and social support can help early adult women from broken homes manage fear and build confidence. Proper treatment has the potential to increase their readiness to live a healthier long-term relationship.

Thus, marital anxiety in early adult women from the family *broken home* It shows a multidimensional pattern that includes affective, cognitive, behavioral, and physiological aspects. Affective anxiety arises as fear, emotional discomfort, and rejection of commitment, while cognitive anxiety is reflected in negative thoughts, doubts about the ability to sustain relationships, and irrational assumptions about the future of the marriage. In the behavioral aspect, avoidance of the topic of marriage, postponement of commitment, and emotional distance from the partner are strategies *Coping with* which is dominant, while physiological responses are seen through psychosomatic symptoms such as sleep disturbances, heart palpitations, fatigue, and changes in appetite. These findings are consistent with Purwaningtyas' research (2022), Haq & Permadi (2016), as well as Utami & Hakim (2019) which emphasizes the relationship between incomplete family experiences, cognitive distortions, and physiological reactions to relationship anxiety. This multidimensional anxiety forms the basis of negative perceptions of marriage and affects an individual's readiness to face a long-term commitment.

The findings suggest that past trauma and socio-cultural pressures shape perceptions and factors that cause marital anxiety. Perceptions of relationship instability, parents' divorce experiences, and social expectations influence an individual's belief in marriage, creating a dilemma between personal desires and external demands. The influence of internal factors in the form of childhood experiences and emotional trauma interacts with external factors, including family, cultural, and social expectations, thus reinforcing affective, cognitive, and behavioral anxiety. Variations in the intensity and focus of anxiety between subjects suggest that although all came from broken homes, different individual experiences, birth orders, ages, and social pressures shaped unique psychological responses. Overall, the findings of this study emphasize the importance of psychological interventions and social support to help early adult women recognize patterns of anxiety, manage negative thoughts, and build a more adaptive perception of marriage. Environmental support, counseling, and healthy relationship education are strategic steps to reduce the impact of family trauma on marriage readiness.

CONCLUSION

This study revealed that anxiety about marriage in early adult women who come from broken homes is rooted in the experience of emotional trauma due to parental divorce. This trauma forms a negative view of the institution of marriage, which is reflected in the fear of failure, doubt in building commitments, as well as insecurity in the face of long-term relationships. The anxiety experienced is multidimensional, including affective, cognitive, behavioral, and physiological aspects, which affect each other and cause psychosomatic reactions such as sleep disturbances, heart palpitations, and decreased appetite. Behavior patterns of avoidance of commitment and marriage talk are coping strategies that arise due to emotional insecurity and cognitive distortion. These findings suggest that childhood experiences and family dynamics have a significant role in shaping negative perceptions of marriage. Social and cultural aspects also reinforce anxiety, such as pressure from family or social expectations that affect an individual's emotional readiness. The biological dimension is also seen through physiological responses that indicate a link between psychological stress and body conditions.

The advice from this study emphasizes the importance of multidimensional interventions to help early adult women manage marital anxiety. Individuals are advised to do self-reflection and processing past experiences through

psychological counseling so that the trauma of parental divorce does not continue to form a negative view of long-term relationships. Family and close relatives have an important role to play in providing emotional support, validation of feelings, and warmth, which can reduce fear of marriage. Further research can combine qualitative and quantitative methods, such as marital anxiety scales or personality tests, to strengthen data triangulation and broaden the generalization of findings. The study could also be expanded by involving early adult males from similar backgrounds to gain a more comprehensive perspective. Psychology professionals are advised to design interventions that include emotional, cognitive, social, and cultural aspects, including healthy relationship education and adaptive coping strategies. This comprehensive approach is expected to help individuals recognize anxiety patterns, manage negative thoughts, and build confidence and emotional readiness for marriage

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