



Interactional Adaptation among Early-Married Couples: A Qualitative Study of Marital Communication and Role Negotiation

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ABSTRACT

Early marriage is not a new phenomenon, it occurs not only in Indonesia but also globally. The Covid-19 pandemic has also contributed to the increasing number of early marriages in Indonesia. Women who enter early marriage experience complex problems, especially at the beginning of the marriage period as the adaptation phase they are going through. This research was conducted to describe women's experiences in going through the process of adapting to early marriage. This research uses a qualitative phenomenology method with the theory of Judee Burgon's interaction adaptation. The subjects of this research were five wives who married early at 16-19 years old. The findings indicate that the informants did not provide any conditions to their future husbands at the beginning of the marriage. Instead, the husbands' families established expectations that the wives should follow their husbands place of residence and be prepared to become housewives. The communication expectations from the informants were that the two-way communication process could take place well because, so far, husbands tended to be reluctant to discuss or argue, and communication was one-way. In dealing with conflict, informants stated that in the adaptation process.

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INTRODUCTION

Interpersonal communication is essential for marital satisfaction for couples in early marriage and in establishing relationships early in marriage (Rusman 2019; Wicaksono & Indrijati 2020) because communication is an influential source of relationship satisfaction and dissatisfaction from partners to bring intimacy closer partners (Oluwole and Adebayo 2008).

A Study by Rosiana et al. (2022) showed that two factors influenced marital satisfaction for couples who married during the pandemic: internal and external factors. Internal factors are family relationships and the social environment. External factors include time spent alone with a partner, readiness to have children, and parenting. Marital satisfaction also occurs due to healthy relationships with partners and their families. Research by Velotti et al. (2016) regarding the husband's emphasis on early marriage shows that the husband's emphasis on interacting with his wife can lead to lower marriage quality.

Mackey and Brien (1999), in their study of marriage adaptation in 120 married couples from 60 white people. African Americans and Mexican-Americans show that conflict management is one of the problems of adaptation with their marriage partners. Conflicts can be divided into minor

conflicts to major conflicts. The presence of conflict can cause relationship disruption, emotional problems, lack of communication, and couples who are not happy in their marriage.

This study employs Judee Burgoon's theory of communication adaptation. Judee Burgoon states that communication adaptation theory in interaction contains requirements, expectations, and desires. Couples who marry early in their early stages still need adaptation to their partners. Communication adaptation is carried out so that hopes and desires can achieve a healthy marriage. First, some things are needed in communication, for example, to arrange for a marriage to go well. Second, expectations are a pattern that can be predicted to occur. For example: How is the interaction regarding housing needs after marriage? Then can the wife work/stay in school? Third, what desires can be resolved from an interaction? For example: Can the desire to have children be carried out immediately after marriage, or will it be postponed considering the condition of women's reproductive health (Littlejohn, S., & Foss, K, Oetzel 2017).

The interaction adaptation theory also contains two other concepts: The position of interaction and actual behavior. The interaction position is how the interaction behavior shown by a



person is based on the three previous concepts: Requirements, expectations, and desires. Requirements refer to a person's basic biological needs that impact a person's survival. Expectations refer to sociocultural norms that shape successful interaction between partners. Hope refers to how to communicate according to the context of the incident and is influenced by the surrounding environment, family, and social environment. The concept 'n bb v of actual behavior refers to the behavior that a person shows when interacting, whether he shows behavior liked by his environment or not Burgoon et al in Rubiyanto and Clara (2019). Adaptation is like a journey that is continuously built into self-identity (Iqbal 2014). Couples who marry at an early age experience problems interacting in the early stages of marriage. The purpose of this study is to describe the experience of interaction adaptation in early marriage couples.

METHODOLOGY

This study used qualitative data sources through in-depth interviews with married couples who married at an early age. A qualitative approach uses an interpretive framework to examine research problems by emphasizing the meanings individuals or groups assign to social issues. Data was collected in natural setting. Then the results are categorized based on the themes obtained. Early marriage couples (Creswell 2013). The data were taken through in-depth interviews on the

interaction adaptation experience of early married couples on five women who married young: Hi, U, Yi, SS, and Ayu. The five interviewees were married in the age range of 16-19 years and were still in the young marriage category. Until now, the five informants have been married for more than five years and are blessed with children.

The inclusion criteria were women who had married at an early age in Indonesia and had been for respondents in this study were four married couples who had early marriages in Indonesia. The length of early marriage that is lived is at the beginning of the marriage period, specifically in the first five years of marriage. This is in line with research conducted Doss (2010) which states that couples in their first five years of marriage will experience various problems, including: strengthening commitments, adapting agreements on how to communicate, managing conflict, efforts to listen to each other so that in this phase between partners will learn from each other and grow.

RESULT AND DISCUSSION

Requirements in the Couple's Communication Process

The study results showed that when the five informants were getting married, they did not submit any requirements to the prospective husband according to what was desired. The interviewees believed that there was no need to demand many things at the



beginning of marriage because marriage was an awareness that both parties carried out. For all interviewees, following their husband after marriage was a natural thing for the wife to do.

Table 1. Adaptation of early marriage couple interaction

No	Adaptation of early marriage couple interaction	Result
1	Requirements in the couple's Communication Process	a. Pre-marriage communication between the two families. b. Women only need to obey their partner
2	Expectations in the Marriage Adaptation Process	a. Wives have been more active in communicating than husbands. b. Husbands trust their wives to make decisions in the household.
3	Desire to Communicate in Couples	a. One partner can listen or give an opinion. b. Communication problems begins with arguments

		c. Communication problems in couples can be minimized by finding solutions together.
4	Conflicts	a. Conflicts in early marriage are still experienced. b. An excellent marital relationship impacts couples' physical and mental health from a physiological, and social point of view

Source: Authors' elaboration, 2025

From the male family side, the interviewees were advised to live together with their parents-in-law or follow wherever their husband earns a living, requiring them to become housewives. The following is a statement from U, who has been married since he was 16 years old:

“There are no such conditions. Only before, my parents-in-law said that when I got married, I would stay here with my mother because my husband was the last child, so he was told to wait for his mother. I just obey the wishes



of my husband and parents-in-law, sis” (U, 26 years).

U’s statement is in line with what was conveyed by another source, namely A, who is now 23 years old:

“There are no specific conditions. If I remember, my parents-in-law used to say that they stayed here with their mother when they got married, right? The problem was that he was the last child, so he was told to wait for his mother. I obey the wishes of my husband and parents-in-law, sis” (Ayu, 23 years).

The statements of the two informants indicate that decisions about residence were largely determined by the husbands’ families. This was also experienced by other informants, namely: Yi, who is now 25 years old. The following is her statement: “Yes, right before marriage, I was told later when I was married, I went to Kalimantan, I went with my husband, I just wanted to do it, it’s called a wife, I provide for my husband’s needs.” (Yi, 25 years old). Hi, she asked her in-laws to accompany her husband to Jakarta. Here’s Hi’s statement:

“At that time, my parents-in-law said, yes, just hurry up and get married. At that time, my husband was also working in Jakarta. I wish my parents-in-law would accompany their children to Jakarta. So yes, I agree with this...” (Hi, 24th).

Other informants, namely SS and Hi, stated that they were free to choose to be housewives (IRT) or other jobs. The following is a statement from the SS source:

“No specific conditions require me to be ABCD, so there isn’t one. When it comes to work, whether you want to be an IRT, my husband used to let me choose which one is important; the important thing is that I feel comfortable, sis, because I feel the same way as a woman” (SS, 30 years).

“There were no special conditions from the husband at that time. When it comes to work, whether I want to be an IRT, my husband first allows me to choose which one; the important thing is that I’m comfortable, sis; I feel like a woman too, right?” (Hi, 24 years old)

The interviewee felt it was essential to communicate the conditions before marriage. Women only need to obey their partner when the wedding occurs; when their parents-in-law ask them to stay together, it is normal and does not need to be debated. The following U’s statement follows:

“Well, what is it... if I’m with my husband, it’s not that complicated. I was just told to stay at my parents-in-law’s house, and I didn’t have a problem. You’re already



married, so act like that; it's a girl, right...." (U, 26 years old)

This is in line with the other two informants that communication before marriage between the two families is essential so that there will be no misunderstandings and comfort in the future. The following are statements by sources Yi and SS:

"Well, it's important, so that I won't be surprised, so my parents won't be surprised. It's far outside Java, so everything is ready, what will happen after marriage, where do you live, and so on" (Yi, 26 years).

"Well, for me, communication is critical, comfort is also important, right? We're going to live together all the time, so we have to be comfortable being able to talk to each other comfortably" (SS, 30 years).

In line with the two informants, Yi and SS, Hi agreed that communication is essential in building a household.

"For me, communication is very important, comfort is important, yes, we will continue to live together, so you have to be comfortable being able to talk to each other comfortably, so what can be discussed together, mutually agreed" (Hi, 24 years)

What was conveyed by the three previous sources differed from other sources, namely Ayu, who did not state directly what she wanted before the

marriage. Ayu intends to live with her parents because of her husband's mistakes. The following is Ayu's statement as follows:

"Yes, after I got married, I just wanted to live with my parents; I didn't want to go to my parents-in-law. He also didn't have work at that time, so he obeyed. After two months of marriage, I immediately gave birth, so the neighbours already knew. I'm finally okay; the important thing is I'm married" (Ayu, 23 years).

The purpose of marriage is to create calm, love and affection in the family. Requirements before marriage can be a picture before the marriage occurs. When calm, love and affection will achieve marital happiness. The following are statements from sources U, SS and Hi:

"Well. Personally, It's not a problem for me to live with my mother-in-law. I can do that... In the past, when I was dating, I saw him as a patient person. After marriage, it's the same. What do you expect from a marriage, right, sakinah mawadah wa rahmah, insha'Allah it's done, That was what I thought, back then, sis" (U, 26 years old).

"Well, it's according to him, sis.. he's the one I knew before, it's still the same, it hasn't changed, so I feel that I love each

other more and more” (SS, 30 years).

“Well, if you ask, is he still the same? Before we married, I think he was the one I knew before, so he’s still the same. Especially after the boy duo didn’t change, so I feel we love each other even more” (Hi, 24th)

Two respondents stated that there were times when marriage did not go according to what had been thought before. Couples are still easily emotional, angry and do not find solutions to problems. Here is Yi’s statement:

“Whether it’s appropriate or not, what we just found out about is, he likes to get emotional easily, just get angry. I don’t like finding a way out because I’m always in conflict” (Yi, 25 years old)

“Marriage because of circumstances may differ from marriage because of one’s own will. Now, we’re still fighting. We’re at my parents’ house too. He works odd jobs like that, and the important thing is that there is an allotment of school fees for the children” (Ayu, 23 years)

Expectations in the Marriage Adaptation Process

All sources stated that in establishing a relationship in marriage, anything related to husband and wife could be communicated well. So far,

wives have been more active in communicating than husbands, whether starting conversations or discussing family topics. Communication problems in couples can be minimized by finding solutions together, but in reality, the husband chooses passively to solve problems in the house on the stairs. The following are statements from all the sources:

“.....I want everything said, not just follow me. Men tend not to want to be complicated, so it’s easy to follow their wives. My husband likes playing with cellphones and watching television after work, sis...” (U, 19 years old)

“I want my husband to be a man responsible for supporting his family. Not even all that I bear. We will surely have a big fight if we talk about family maintenance or money. So yes, it’s better just to shut up, say what’s necessary” (Ayu, 23 years)

“We should both focus on the solution, not even talk loudly. I’m also an emotional person” Yi, 25 years old)

“You know, sis, he can be more sensitive when talking,



but I also know that it's not easy, so we understand each other in the end" (SS, 30th)

"In the early days of marriage, I remember that the conflict was actually from his account. I felt shocked just to be away from my family and parents. Because, at first, we didn't have any extra money, we rented a boarding house first.. In the end, it's normal. Everything is talked nicely with each other" (Hi, 24 years).

From the perspective of the husband's expectations, it can be concluded that there was an adaptation process that the informant's husband went through. Two sources stated that older husbands more easily accept their wives' situation. Husbands trust their wives to make decisions in the household. The following are statements from sources:

"Maybe it is because my husband is older, sis, so he is more demanding. , Basically, my husband just believes in my decision, so I am more comfortable with this marriage" (U, 26 years old)

"If he thinks he is right, he just agrees with my decision, so my husband follows me. If we discuss something and he does not fit in, he shows he

does not like it by saying it is up to me. So if that is the case, it is a sign that he disagrees, especially since his intonation is already different. However, when we first got married, he was the one who gave in, maybe because he was older, sis, so he gave up. It is just that we rarely have different opinions" (SS, 30 years)

"My husband is older, so he can understand me better. He does not ask me to do anything, either. I am also a housewife at home, taking care of the kids. Even if we fought first, we mostly misunderstood, then we made up." (Hi, 24 years old)

Another source, Ayu, stated that at the start of a marriage, there were often quarrels because, at that time, her husband did not have a job. This became a severe problem when the wife was required to be a housewife while the needs continued to grow. The hope for the couple at that time was that the wife worked. At the beginning of marriage, the most challenging thing is still living with our parents, so we depend on our parents for all our necessities of life. Ayu's statement is as follows:

"When we first got married, we fought all the time. He's a husband, but he does not work? In the end, I also work. So far, I have followed my parents, so my

parents have paid for a lot” (Ayu, 26 years old)

Ayu’s statement differs from the statement of source Yi where there are different expectations in caring for children. The husband hopes the wife does not often scold her child for mistakes. In addition, the demands of caring for domestic work make the wife complain more because she has to finish it herself. Yi’s statement is as follows:

“Right now, the object of the fight must be about the child; the child should not be scolded, even though I am the mother of my children who knows them best; if my child is not scolded later, he will not understand what to do with what he wants, just according to what the child wants. Not to mention the homework about what I should do? I am also tired, but he wants me not to nag too much. “(Yi, 25 years old)

All interviewees agreed that in meeting communication needs, the partner (husband) could communicate in two directions so that the partners can understand each other. Communication is carried out by looking at conditions such as choosing the right time, reminding when the partner is angry, and not bringing up previous problems. The role of the wife is that communication between partners is essential because the husband wants to listen to the wife’s advice. Two-way communication that goes well is expected to solve the

problems of both parties to produce a joint solution. The following are statements from sources:

“If we have a discussion, we have. Right, the husband and wife must have something to discuss. Nevertheless, look at the condition first. What do we want to say? We have to write in time. For example, when watching TV, when eating, or anything else. Yes, after all, he is the head of his family” (U, 26 years old)

“Yes, adding the year of marriage, we can start talking slowly, not fighting, not bringing up past mistakes, but yeah... maybe I am the one who always snaps, so the important thing is my husband just gives me money for the needs of the child” (Ayu, 26 th)

“Yeah..he said; if he is angry, I tell him to remind him so we can talk better. But I often say angry first like that. It is called marriage, isn’t it?. But now, when one is angry, the other is self-conscious and silent and doesn’t need to grumble too” (Yi, 25 years old)

“Being a woman is difficult, especially being a wife and also a mother. In terms of communication, I am the one who gives more suggestions and input; it has to be A B C, like that. Are all men basically stupid? But if I give him suggestions, he



accepts them. So yes, we just fill in the communication with each other” (SS, 30 years)

“If it’s just the two of us, it’s the household, right? All the discussions were between us, so it was a decision for us, including if I wanted to go to Semarang to return to my mother’s house; yes, it was also the one who gave me the long time. I’m grateful that our communication is good so that now we have two children” (Hi, 24 years).

Desire to Communicate in Couples

The study results show that all informants adapt their communication by asking what the partner wants, and this can be done when one partner can listen or give an opinion. Communicating with a partner aims to reach a solution together and not accumulate problems later on. The women were more proactive when communication problems occurred in their households. The study results also show that husbands are figures who don’t talk much when a problem occurs or tend to choose silence. Although one respondent stated that her partner rarely initiated discussion when problems occurred, decision-making was largely left to the wife. The following are statements from sources:

“As for adjustments, my husband is not complicated, so it’s easy to make. So if we are talking about something, he

sometimes asks me to listen, sometimes asks me to give my opinion, well actually maybe because my husband doesn’t talk too much, sis” (U, 26 years)

“If we discuss something, we will find a solution together. In the end, women are also the ones who think about everything. I’m tired. My husband wants me not to be angry; How can that be? My husband can’t even provide for me” (Ayu, 26 years old)

“What about him? .. he’s tried anyway; what did he start talking about? But yes, it’s all a process, right? There can’t be a problem solved right away. Yes, he’s a man. What’s important is what needs to be done, sometimes when he’s annoyed, he can’t finish talking” (Yi, 25 years old)

“Earlier, it was the matter of having more children that often made me why he did not I want to have more children. He always asked for my explanation as his wife. After all, he, the head of the household, must be prepared for everything, including mentally prepared. When my partner discusses matters outside the family, he relaxes while joking about it.



But if we've discussed the nuclear family, it's like immediately closing the subject" (SS, 30 years)

"If there is an adjustment, there must be. At first, I was whiny after I got married because I was lonely earlier, but after a while, I felt at home. It's an adaptation as a wife. For example, when I have a problem, you are also the one who is cool and provides a solution. So I'm calmer. Because my husband understands me better, protects me more too" (Hi, 24 years old)

Several communication problems always occur in couples who marry early, including the lack of response from the partner and the desire to work again. Still, it has yet to be realized, the desire to have more children, economic problems, and child problems. A fight often precedes the emergence of communication problems. The husband talks little and cannot understand the purpose of the wife's communication because the woman will tell many things before getting to the heart of the matter. Some informants felt that the wife mostly carried out all the burden of household work. Statements from sources are as follows:

"Yes, sometimes he doesn't respond when I talk, so maybe he's tired. My husband doesn't talk much, but he is firm. If we discuss it, I want to work

again like before marriage, and I want to have more children, but sometimes the response is not pleasant" (U, 26 years old)

"The problem is that it's difficult to have a good conversation, economic problems, children's school problems, children's needs, the point is about the economy, Miss.

Everything is expensive now, and it is getting difficult. At the end of the day, I Ask my sister to buy something or my parents to pay for something like that" (Ayu, 26 years old)

"The problem is that it's difficult to have a good conversation, then there are children's problems, always having disputes first. It takes a long time. I want a good conversation atmosphere" (Yi, 25 years old)

"When asked whether our communication problems are good, I say it's not good because there are still many from my side. If the division of roles is like that, I will do all the household chores too. Maybe it's because from the start, I realized that after getting married, it would be as troublesome as my mother's daily activities, so I've



lived it up to now, so I can do it, right?" (SS, 30 years)

"Well, it's common for housewives to do their homework so that we can clean it up slowly, and it'll be finished later. Make it relaxed, so it's not as boring. There's no end to housework, especially when you already have two children. Yes, my husband also works, sis, he's tired, I'm tired too" (Hi, 24 years old).

Communication problems can be resolved by both parties, not only by the wife. The study results show that husbands are more often passive in communicating than wives, even though from the wife's point of view, she states that she needs input from her husband so that decisions can be made together. The hope is that when a problem arises one day, there will be no blaming one another. Following are the statements of two sources, namely U and SS:

"Well, at least we talk about it as much as possible. I want it when I'm talking; the answer is not just following my statement. There should be a discussion about it. I want to work but am confused about what to do while raising children. So yeah, I want to start thinking about what savings I want to have, cows or rice fields" (U, 26 years old)

"I wish we could both do self-introspection. Maybe we can't do well to be more open with what we feel and listen to each other more. If that's the case, both parties should remind each other what to do to fix it. We have to be patient indeed. I like it when he understands me like he suddenly asks me to joke around when I'm cranky, asking me Why? We have to keep doing that so that we can talk to each other comfortably" (SS, 30 years)

"So far, how I communicate with my husband is really safe. Often have discussions, for example, when watching TV or when the children are already sleeping. Even when watching TV, we can talk casually, sis; we don't have to make an appointment to chat together. I don't have a specific time, I mean, so whenever there's a time, as long as the situation is just right" (Hi, 24th)

Two other sources stated that communicating to reach an agreement was difficult because one or both parties put forward negative emotions in the form of anger. This impacts many communication problems that cannot be resolved through discussion or are considered past but will become a



boomerang in the future. The following is Ayu's statement:

"As for me, in the end...well, the important thing is that I'm married, and my child has a father. That's it, sis. It isn't easy to talk together. I usually start to get emotional at first. I'm getting emotional, he gets emotional too, the important thing is that I'm already married, that's done for me" (Ayu, 25 years)

"Well, I want all the housework to be helped by my husband, but in the end, he just gets angry. I'm annoyed. Yes, I'm tired. I must clean up everything instead of fighting constantly because I'm even more tired. Even though the household chores are not finished" (Ayu, 25 years old)

Conflict

Three informants stated that conflicts in early marriage still exist due to the mutual learning process and the problems faced in domestic life. Differences of opinion cover household life, such as caring for domestic work, children, and work. Conflicts or fights in couples that drag on are rare.

"Well, if there is a conflict, there must be a difference of opinion. But what is discussed is also light on household life. My mother-in-law's will is not the same as

mine. His name is living at home, sis. But yes, I'm the wife of my son-in-law, so I'm just obedient, sis. But we don't fight until it's terrible. It's not that serious. But the next day, it was still discussed again and became the subject of discussion again" (U, 26 years)

"Definitely. He got me pregnant, didn't work at first, lived at my parent's house, and always got into fights. Moreover, a man must have his self-esteem tested when he can't give money, right? Yes, he finally gave in at first to take care of the child at home. I was the one working, so now I work odd jobs at a noodle factory. Giving money to my son is important, but sometimes it's too late to give it." (Ayu, 23 years)

"If the conflict is in the form of annoying talk or not accepting anything, there must be, but not the ones who fight like that. Just angry for a few hours, then we change apologies. The most conflict is when I'm tired, I want help, but he doesn't understand.

It's the same with children; he told him not to scold them. It's called tired, and Sometimes I like to let my emotions go and instead throw them out to my kids. He, as



My husband, likes to remind me. (SS, 30 years)

The three sources above differ from one source in that Yi has never experienced conflict because problems can be resolved by themselves. According to Yi, women can quickly give in to their husbands when a problem occurs. The following is Yi's statement: "Never sis, the plots are at odds, then the problem just ends. Maybe it's because I'm a girl, sis, so there's a lot to blame. But it's often noisy, isn't it tiring too?" (Yi, 25 years old). This is consistent with Hi's account, which suggests that, during conflict, both partners understood when to give in and when to remain silent in order to regulate emotions.

Communication adaptation theory shows an interaction between married couples with requirements, expectations, and desires to achieve the couple's communication goals (Littlejohn, S., & Foss, K, Oetzel 2017). The higher quality of the wife's relationship with her partner can reduce depression in women in Nepal, including controlling relationships with in-laws (Gopalakrishnan et al. 2023) in establishing a solid husband-wife relationship, you can start by submitting marriage requirements before marriage. One of the requirements for marriage is related to work, salary received and whether or not the wife works. Men are seen as the primary breadwinner, whether temporary or permanent. Marriage occurs when the man has

carried out his role as the leading financial support, whereas fixed-income men are the primary choice for women to hasten marriage. This is a finding of research conducted in Spain that there are still traditional binding assumptions regarding marriage and wages earned at work (Bonilla, Malo, & Pinto 2022).

Women who will play the role of wife and mother have an interesting perspective when viewed from young women's responses. Research conducted in Turkey on 18-year-old female adolescents showed that female students had positive thoughts about marriage, and pursuing higher education were preparations made to be ready to marry and become mothers so that they had good knowledge. Their views on giving birth were influenced by personal readiness, understanding of the burden after giving birth and the need for financial preparation before marriage so that they are fully prepared from a socio-economic perspective to get married (Fiskin & Sari 2021).

The first study's results indicate that the informants did not put forward any requirements before marriage. The resource persons did not argue when they had to follow their husbands wherever their husbands went, even though at the time they did it, it was not by what was the reality of marriage. The position of women shows that women only obey (accept) what the husband/husband's family decides to do, such as living with their parents-in-law (husband's family). The requirements



put forward by both parties are essential to communicate in order to avoid marital conflict (Zhang and Liang 2023).

Marriage aims to create calm, love, and affection between husband and wife (Ar et al. 2022). Communication with different cultures is done by understanding each other to maintain close relationships (Winata et al. 2023). The conditions put forward before marriage can be used to reduce conflict and adapt to each other. Even so, married couples who marry at an early age still experience emotional irritability and anger and do not find solutions to problems. A real positive relationship exists between marital satisfaction and emotional intelligence for women (Hajihasani and Sim 2019). Satisfaction in marriage between husband and wife shows a consistent predictor of the couple's communication behavior (Lavner, Karney, & Bradbury 2016).

Sanford (2003) suggests that in a conversation between spouses, if the wife has expectations for her husband to be understood, then the husband can positively respond to the wife by listening to and receiving input from the wife. The results of the second study indicate that the informant expects communication between husband and wife to be carried out in two directions. Problems related to households can be resolved through communication to find solutions. The husband chooses to be passive / less involved in partner communication. The wife dominates in making decisions for her family

(Herawati & Nurajizah 2016). Increased interest and involvement of the husband in household matters can lead to positive changes in the couple's communication (Islam, Hossain, and Azimul 2025) (Islam et al. 2025; Pascha, LA, Dunkel-Schetter C 2021). The existence of decision-making in the household can result in marital satisfaction. On the other hand, husband-dominated decision-making can result in marital dissatisfaction (Lee et al. 2022).

The results of subsequent research indicate that the desire to communicate is initiated by one of the partners so that the purpose of communication in marriage can be achieved. Interpersonal communication between partners significantly affects marital satisfaction in early-age couples, even though there is a patriarchal culture in the family. (Wicaksono & Indrijati 2020). Couples can listen to each other/provide solutions without anyone dominating/vice versa. The wife is more proactive in making decisions in the family.

Conflicts in early marriage are still experienced by the sources, including differences of opinion and household life. It is how couples can resolve conflicts so that they can be resolved immediately. Women prefer to give in when conflicts occur so that fights do not occur. According to (Leuchtman et al. 2019) women's satisfaction in establishing relationships with partners is shown by increasing positive communication. Women who



reduce negative communication with their partners can feel satisfied in their marriages. The results of research show that an excellent marital relationship impacts couples' physical and mental health from a physiological, and social point of view. Husband and wife need to agree on the relationship they build in the household so that it affects the improvement of the physical, psychological and relational well-being of both (August, Kelly, and Markey 2016)

This study suggests that the requirements, expectations, and desires in achieving the goals of early marriage communication can be achieved by both parties. One of them is through two-way communication between husband and wife. The wife dominates communication when there is conflict in marriage compared to the husband. Increasing communication, especially with husbands, can achieve marital satisfaction.

CONCLUSION

The study results show that interaction adaptation in early marriage couples involves requirements, expectations, and desires to achieve communication goals. This study suggests that couples who married at an early age need to engage in two-way communication to achieve marital satisfaction. Increased communication is carried out mainly by husbands, who tend to be passive when conflicts occur in the family. During this time, the wife

is more proactive in communicating with her partner to establish two-way communication. Although, in early marriage, couples still quickly feel (negative) emotions, get angry easily and do not find solutions when conflicts occur.

CREDIT AUTHORSHIP

CONTRIBUTION STATEMENT

Puri Kusuma Dwi Putri: Writing-Conceptual Draft, Methodology, Data curation, **Mutia Rahmi Pratiwi:** Writing, Data curation, Draft Compilation, Investigation, Methodology, **Ruth Mei Ulina Malau:** Data curation, Supervisions, Reviewing and Editing.

DECLARATION OF COMPETING INTEREST

We certify that there is no conflict of interest with any financial, personal, or other relationships with other people or organizations related to the material discussed in the manuscript.

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