

Abstrak

Wanita dewasa awal dihadapkan pada tuntutan memasuki kehidupan pernikahan yang tidak selalu disertai kesiapan, sehingga dapat memunculkan *marriage anxiety*. Penelitian ini bertujuan mengetahui hubungan *self-esteem* dengan *marriage anxiety* pada wanita dewasa awal. Penelitian menggunakan pendekatan kuantitatif dengan rancangan korelasional. Subjek berjumlah 142 dewasa awal berusia 20-35 tahun di Kota Bandung yang belum pernah menikah, diperoleh melalui purposive sampling. Pengumpulan data menggunakan Rosenberg *Self Esteem Scale* dan *Pre-Marital Anxiety Scale*. Karena data tidak berdistribusi normal, uji hipotesis dilakukan dengan korelasi Spearman's rho. Hasil penelitian menunjukkan adanya hubungan negatif yang signifikan antara *self-esteem* dan *marriage anxiety*, dengan keeratan tergolong sedang. Semakin positif penilaian individu terhadap keberhargaan dan kemampuan dirinya, semakin rendah kecemasan yang dialami ketika membayangkan kehidupan pernikahan. Temuan ini menunjukkan bahwa *self-esteem* merupakan salah satu faktor psikologis yang dapat memahami kecemasan terhadap pernikahan.

Kata Kunci : *self-esteem, marriage anxiety, wanita dewasa awal, pernikahan*

Abstract

Early adult women face demands to enter married life that are not always accompanied by readiness, which may lead to marriage anxiety. This study aims to examine the relationship between self-esteem and marriage anxiety among early adult women. A quantitative approach with a correlational design was employed. Participants consisted of 142 never-married women aged 20–35 years in Bandung, selected through purposive sampling. Data were collected using the Rosenberg Self-Esteem Scale and the Pre-Marital Anxiety Scale. Since the data were not normally distributed, hypothesis testing was conducted using Spearman's rho correlation. The results revealed a significant negative relationship between self-esteem and marriage anxiety, with a moderately strong association. The more positively individuals evaluate their own worth and competence, the lower the anxiety they experience when anticipating married life. These findings suggest that self-esteem is one psychological factor contributing to the understanding of marriage anxiety.

Keywords: *self-esteem, marriage anxiety, early adult women, marriage*

