

Husband Subjective Planning To Wife's Infidelity

¹Lolita L. Ririhena

¹Pastoral Counseling Study Program

¹Faculty of Social and Religious Sciences

¹Institut Agama Kristen Negeri Ambon, Maluku, Indonesia

Abstract: Lately, the affair has flooded the community, causing anxiety and concern. Destroyed households, children suffering, not a little psychological misfortune hidden behind divorce rates in the data of Ambon District Court. If the husband has an affair, that is normal. However, how does the husband face the reality of his wife having an affair? How do men interpret this 'situation'? This case study reveals the curiosity of researchers through in-depth interviews by utilizing empathy in Egan's theory to obtain data, and then the narrative is analyzed by Reissman's theory. The results showed that each subject experienced angry, negative emotions, but had weak coping skills related to attempts to change the stressor directly. The results of this study are different from the research of previous researchers, where the target is the wives. When men are dominated by angry emotions, women are generally dominated by jealousy. When men can accept their wives as they are, those who are betrayed are generally unable to show the same acceptance. What's different is that women have strong coping skills than men. In that difference, both men and women survive in the middle of their partner's affair.

Index Terms: Subjective appreciation, husband.

I. INTRODUCTION

The family is the smallest group in society and become the first space in shaping the quality of human resources. Therefore the quality of a community group is influenced by family quality: the more family problems that occur, the more important the social condition of a community. The tendency of the most prominent family problems comes from the infidelity or deviation of the family member behaviors without the knowledge of their partner. The behaviors can be sourced from either husband or wife. Infidelity can cause divorce or family disintegration [1]. Infidelity becomes an interesting phenomenon in some developed countries. Specifically, in Indonesia, the divorce rate is significantly increased. The infidelity impact not only endangers the joints of active people's lives through the destruction of the household but also threatens the physical health of the younger generation at a productive age.

The divorces problem in the family has occurred since the beginning of human history. In the past, the infidelity subjects are mostly men and carried out in silence. Even though, in line with the growth of information flow, family breakdown also occurs due to wife's infidelity and even openly and is known by many people.

The tendency for personal happiness and lifestyle needs is the primary goal of the infidelity subject. Most people leave their partners easily because disappointed with marriages that are not by their wishes and expectations. In the past, the loyalty value was highly upheld by the community, but now the value is increasingly unpopular [2].

Along with the shift in value, the infidelity problem that starts from the relationship of two individuals has had a severe impact on people's health and their future. Indeed, This situation is inevitable, but it can not be ignored. Precisely the current situation is a scream that needs to be heard, responded to and helped. Families who have marital problems need psychological help so that they can get out of trouble.

Handling infidelity cases is a complicated matter. One of the prerequisites for providing help is knowing the mental map of individuals who need to be helped. For this purpose, this study contributes to present an internal map that is needed before the intervention. This study attempts to present a description of how a husband faces a wife who is having an affair, how he lives and understands his world.

Subjective appreciation is a mental process or individual assessment of the source of stress in the form of conditions, situations or events. In this study, the source is related to infidelity. Appraisal/assessment consists of a continuous evaluation of what is significant about an individual's well-being.

Subjective appreciation is identified by two types of assessment, namely primary appraisal and secondary appraisal [3]. Both of these assessments in the process often overlap and sometimes it is difficult to separate from each other when subjective appreciation takes place. Primary appraisal / primary assessment is divided into three components: goal relevance, suitability or goal mismatch (goal congruence or incongruence), and type of ego-involvement. Whereas secondary appraisal / secondary assessment is related to coping choices, whether actions taken can prevent losses, reduce them or increase losses or gains. The fundamental issues evaluated are: What can I do? How will I do and what will happen to my welfare.

The results of this study are useful for religious leaders or community members who are concerned about marital problems and infidelity cases to carry out strategies of handling from a scientific approach.

II. RESEARCH METHOD

This study uses a case study approach by using the empathy approach in Egan's theory for data collection [4]. This study involved four subjects who experienced infidelity problems with different characteristics (Table 1). The four subjects are residents from West Seram and Saparua in Maluku Province. All subjects were Ambonese who lived in the city of Ambon and Seram Island. Thus each subject has uniformity in culture, religion, social status, and economic level, with little difference in education level, age, number of children and length of the marriage.