

**THE DYNAMICS OF JAVANESE WOMEN'S  
SELF-ADJUSTMENT TO COMMITTED RELATIONSHIP  
WITH WESTERN MEN**

BACHELOR THESIS

Monika Devita Cahyaning Pramesti  
15.E1.0094



UNDERGRADUATE PROGRAM OF PSYCHOLOGY  
SOEGIJAPRANATA CATHOLIC UNIVERSITY  
SEMARANG  
2021

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Submitted to the Undergraduate Program of Psychology Faculty of  
Psychology Soegijapranata Catholic University To  
Obtain the Degree Bachelor of Psychology

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15.E1.0094



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2021


## ENDORSEMENT

Tested in front of the board of undergraduate thesis examiners in Faculty of Psychology Soegijapranata Catholic University Semarang and is Accepted to quality for a bachelor's degree in Psychology

Date


16 December 2020

Ratified by  
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## STATEMENT OF ORIGINALITY

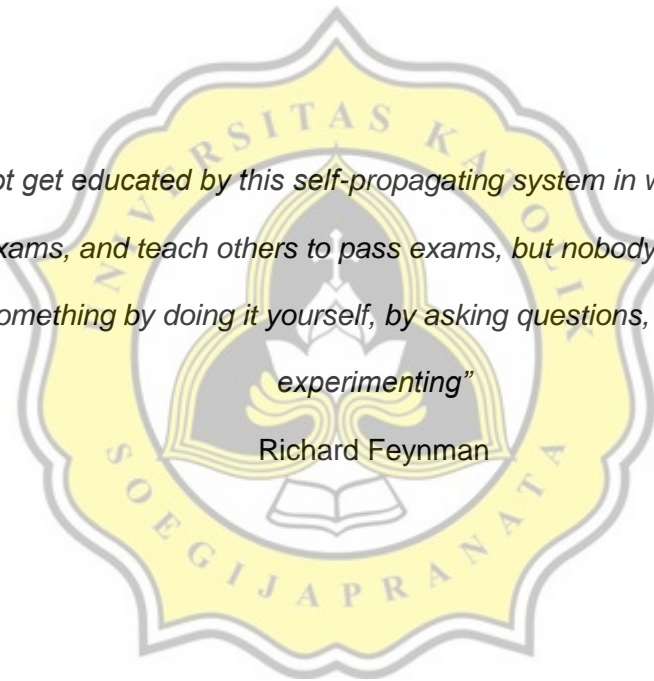
I hereby declare that in this thesis there are no words that have ever been used to obtain an academic degree at a college, and there are also no works or opinions that have been written or published by other people, except those that are intentionally referred to in the text of this thesis and are mentioned in the literature.



## MOTTO

*"You cannot get educated by this self-propagating system in which people study to pass exams, and teach others to pass exams, but nobody knows anything. You learn something by doing it yourself, by asking questions, by thinking, and by experimenting"*

Richard Feynman



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## THANKS TO

The greatest appreciation for God because of His grace, the researcher was able to finish this bachelor thesis titled “The Dynamics of Javanese Women’s Self-Adjustment to Committed Relationship”.

This bachelor thesis is written as a requirement of undergraduate program of Faculty of Psychology in Soegijapranata Catholic University. The researcher realised that this researcher would not be complete without any support directly or indirectly. Therefore, the researcher would like to appreciate:

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The researcher realised that this research is way far from perfect. Therefore, the researcher is open for any suggestion in which can help the researcher to improve more knowledge for the next projects.

Semarang, 8 October 2020

The researcher



Monika Devita Cahyaning P



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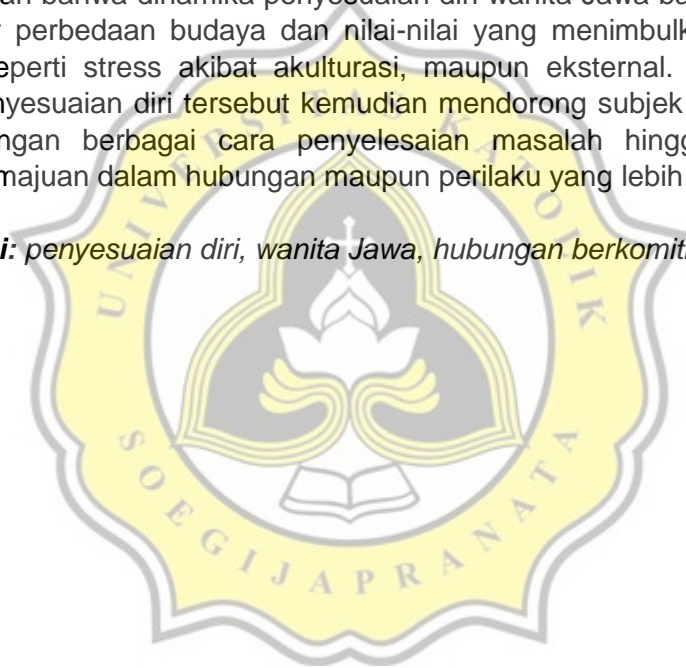
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## ABSTRAK

Hubungan pacaran maupun perkawinan beda budaya masih menemui kendala dalam penyesuaian diri, khususnya pada pasangan wanita Jawa di Semarang dengan pria Barat. Subjek pada penelitian ini adalah empat orang wanita Jawa yang tinggal di Semarang dengan rentang usia 18 sampai 40 tahun yang mempunyai hubungan yang berkomitmen dengan pria Barat selama paling tidak satu tahun. Penelitian ini bertujuan untuk mengetahui dinamika penyesuaian diri wanita Jawa dalam sebuah hubungan komitmen bersama dengan pria Barat. Peneliti menggunakan aspek penyesuaian diri efektif yang dikemukakan oleh Harber dan Runyon (1984), dan faktor penyesuaian diri terhadap sebuah hubungan berkomitmen yang dikemukakan oleh Hurlock (2008). Penelitian ini merupakan penelitian kualitatif fenomenologis. Hasil dari penelitian ini menunjukkan bahwa dinamika penyesuaian diri wanita Jawa banyak dipengaruhi oleh faktor perbedaan budaya dan nilai-nilai yang menimbulkan konflik-konflik internal, seperti stress akibat akulturasi, maupun eksternal. Ketidak efektifan proses penyesuaian diri tersebut kemudian mendorong subjek untuk keluar dari konflik dengan berbagai cara penyelesaian masalah hingga menghasilkan sebuah kemajuan dalam hubungan maupun perilaku yang lebih dapat diterima.

**Kata kunci:** penyesuaian diri, wanita Jawa, hubungan berkomitmen.



## ABSTRACT

Intercultural dating relationships and marriages still encounter obstacles in term of self-adjustment, especially for Javanese woman who is in a committed relationship with a Western man. The subjects in this research are four Javanese women in Semarang aged 18 to 40 years old who are in a relationship with Western men for at least one year. This study aims to determine the dynamics of self-adjustment of a Javanese woman who is in a committed relationship with a Western man. The researcher used the effective self-adjustment aspects stated by Harber and Runyon (1984) and the factors of self-adjustment to a committed relationship by Hurlock (2008). This research is a phenomenological qualitative research. The results of this research indicate that the dynamics of Javanese women's self-adjustment to a committed relationship with Western men are largely influenced by the factors of cultural and value differences that cause internal conflicts, such as acculturative stress, and external conflicts. The ineffectiveness of self-adjustment process then encourages the subjects to get out of the conflicts with various ways of problem solving to lead into improvement in relationship and more acceptable behaviour.

**Keywords:** *self-adjustment, Javanese women, committed relationship, Western culture.*

