

## CHAPTER 6

### GENERAL CONCLUSION

#### 6.1. Conclusion

Based on the research that was conducted by the researcher by observation, interview, and triangulation, the researcher concludes that Javanese women who are in a relationship with Western men experienced the dynamics of self-adjustment to their relationship which is caused by the differences of the culture that they have, such as the background and value differences, and also lifestyle changes. There are also some Javanese etiquettes that the subjects and their partners need to adjust themselves with.

The result of this research about self-adjustment to committed relationship was various, effective and non-effective self-adjustment. Based on this research, non-effective self-adjustment to committed relationship could be seen from the conflicts appeared due to acculturative stress and how the subjects coped with those problems. Besides that, the subjects tend to have a bad interpersonal relationship with others, inability to express their feelings and emotions, and also a negative self-image which is seen from the subjects behavior of comparing themselves to other and having a racist thoughts according to their past experiences. The non-effective self-adjustment to committed relationship can cause some maladjusted behavior, such as lying, running from home, racist behavior, spiteful, and hiding what the subjects actually feel toward their partners.

The non-effective self-adjustment leads to the act of problem solving in order to achieve peace and better relationship, such as compromising and trying to understand the partners' behavior. The subjects are also required to be open

and communicating more straightforward their opinion towards their partners, such as not hiding their actual feeling and emotion.

The effective self-adjustment to committed relationship could be seen from some aspects, such as how accurate the subjects' perceptions toward reality is, the ability to cope with stress and anxiety, the ability to express their feelings and emotion, and also that the subjects have a positive self-image. The concrete behavior could be seen from the way of the subjects performs a healthy lifestyle such as doing sports and see themselves valuable. Besides that, it could be seen from how the subjects communicate intensely and effectively with their partners, demand a quality time together.

The act of problem solving and effective self-adjustment to committed relationship leads to some achievements such as a progress in a relationship and inner peace. However, self-adjustment is an ongoing process that individuals need to go through.

## **6.2. Suggestion**

### **6.2.1. Suggestions for the Subjects of the Research**

In order to achieve effective self-adjustment and better relationship, the subjects of this research are suggested to:

1. Subjects are suggested to maintain a good relation and communication with their parents and surroundings.
2. Understand and accept their own and their partners' weaknesses, and focus and embrace more on the strengths instead.
3. Try to be more open about their feelings and emotions.

### 6.2.2. Suggestions for the Researcher

The next researchers who are willing to do a similar research are suggested to:

1. Add more items on behavioral checklist of the observation.
2. Conduct more observation and interview.
3. Avoid error by avoiding bias during the research. This can be avoided by verifying with more data sources and having any peers to review the result of the research.

