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Emotional Maturity as a Predictor of Marriage Anxiety among Early Adult Women Working

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Abstract

Marriage is an important developmental task in early adulthood, yet many young women experience anxiety when considering marriage and its associated responsibilities. Emotional maturity may help individuals regulate emotions, manage uncertainty, and respond adaptively to marriage-related demands. This study aimed to examine the ef association between emotional maturity and marriage-related anxiety among unmarried working women in early adulthood in the Jabodetabek area. A non-experimental quantitative approach was employed using purposive sampling. Data were collected through an online questionnaire from 407 unmarried women aged 20–35 years who worked in Jabodetabek. Emotional maturity was measured using the adapted emotional maturity scale, while marriage-related anxiety was measured using the marriage anxiety scale. Data were analyzed using simple linear regression in IBM SPSS Statistics version 22. The results showed that emotional maturity was significantly and negatively associated with marriage-related anxiety ($B = -0.183$, $p < 0.001$). The R-square value of 0.848 indicated that emotional maturity explained 84.8% of the variance in marriage-related anxiety. These findings suggest that higher emotional maturity is associated with lower marriage-related anxiety. Strengthening emotional maturity may therefore support psychological readiness for marriage among working young adult women.

Keywords

Early Adulthood, Emotional Maturity, Marriage-Related Anxiety, Psychological Readiness, Working Women.

1. Introduction

Developmental tasks that must be accomplished throughout the lifespan reflect human development. Establishing intimate relationships and forming long-term commitments through marriage are significant developmental tasks during early adulthood (Nabilla & Lentari, 2025). Marriage represents a stage of human development characterized by significant roles and responsibilities. At this stage, individuals begin to focus on their personal needs and start building a life together as a family. This process involves various aspects of adjustment: emotional, social, and psychological (Hawa et al., 2026). In DKI Jakarta, the number of marriages declined by 8.18% between 2022 and 2023, while West Java Province, part of the Jabodetabek urban commuter belt, saw a 5.69% decrease during the same period (detikEdu, 2026). Societal values regarding marriage and commitment can evolve (Ningtias, 2022).

Penalun (2022) found that the majority of women in early adulthood experience anxiety when selecting a life partner; 67% of respondents in the study exhibited significant levels of anxiety while choosing a partner they deemed suitable. These findings indicate that marriage-related anxiety is a relatively common psychological issue among women in early adulthood, rather than merely an isolated individual phenomenon. Keldal and Yildirim (2022) demonstrate that marriage-related anxiety is closely linked to an individual's emotional state and perception of personal readiness. Emotional, social, role-related, age-related, and financial readiness are all important prerequisites for marriage.

Emotional maturity is positively correlated with conflict resolution in marriage, indicating that emotional maturity also plays a crucial role in preparing for marriage (Sari & Widyastuti, 2015). This perspective is consistent with Marentek et al. (2026), who found that emotion regulation significantly contributes to psychological well-being, highlighting the importance of effective emotional management in dealing with complex interpersonal and role-related demands. In this regard, emotional maturity is a key psychological component in determining how a person interprets and responds to the demands of marriage. Because emotional maturity is also influenced by environmental factors, life experiences, and individual characteristics, increasing age does not always directly correlate with improved emotional regulation (Walgito, 2002). Research conducted by Hikmah and Rahayu (2025) confirms that emotional maturity plays a crucial role in a person's psychological readiness to transition from single to married status.

Based on initial interviews with employees in urban areas, the findings indicate that emotional unreadiness may contribute to the tendency to delay marriage. This is reflected in Respondent AS's statement, who expressed that the timing was not yet right because of feeling emotionally unprepared for marriage in the near future. Research by Oktavia and Sitorus (2025) indicates that the age of marriage is relatively higher in urban areas compared to rural ones. This finding reflects the tendency of urban residents to prioritize education, career advancement, and personal achievements before marriage. A key factor influencing the emotional maturity of early-adult women, particularly in urban areas, is the work environment. Both men and women face heavy workloads and productivity demands within competitive workplaces. This phenomenon points to a shift in life orientation among early-adult women, especially in urban and industrial regions characterized by a prioritization of education, economic independence, and career development. Such factors can heighten psychological stress and test an individual's ability to regulate their emotions. Excessive workloads lead to physical and mental exhaustion, as well as emotional reactions (Danuarta et al., 2025).

Research conducted by Park and Harris (2023) and Shifani and Fitriana (2026) supports the existence of a relationship between emotional maturity and marriage-

related anxiety, finding that higher levels of emotional maturity correlate with lower levels of anxiety regarding marriage. Similar findings were reported in a study by Putri and Pertiwi (2024), which demonstrated that early-adult women with high emotional maturity are better equipped to contemplate matters related to marriage. Thus, emotional maturity assists individuals in navigating the psychological challenges associated with the approach of marriage.

This study aims to analyze the relationship between emotional maturity and pre-marital anxiety among working early-adult women in urban areas. The study is expected to contribute to the field of developmental psychology by enriching the literature on marital readiness, particularly regarding the role of emotional maturity in mitigating pre-marital anxiety. The findings are expected to serve as a reference for early-adult women in understanding emotional readiness and to assist counselors or relevant parties in designing interventions that support psychological readiness for marriage.

2. Literature Review and Hypothesis Development

2.1. Emotional Maturity

According to Marsella (2014), anxiety is defined as a subjective feeling of tension, fear, restlessness, and worry associated with autonomic nervous system arousal. Marriage anxiety is a psychological condition characterized by high levels of emotional arousal accompanied by negative thoughts, emotions, and expectations regarding marriage that lead to feelings of insecurity and fear, as well as a tendency to avoid conversations or situations related to marriage (Çelik & Erkilet, 2019). Marriage anxiety involves intense fear and worry about the future, specifically regarding marriage defined as a physical and spiritual union between a man and a woman established through formal and civil registration and sanctified before God in accordance with the religion agreed upon by both parties (Landau, 1998; Joy & Mathew, 2018).

Based on the above, marriage anxiety can be defined as feelings of fear, worry, and tension that arise when an individual contemplates married life, partner expectations, new responsibilities, or potential domestic issues. Putri and Pertiwi (2024) found a link between emotional maturity and marriage anxiety. Individuals who have attained a high level of emotional maturity are better able to control their emotions, think rationally, and face uncertainty calmly, resulting in lower levels of anxiety. Conversely, individuals with emotional instability tend to experience fear and hesitation when faced with significant decisions such as marriage.

2.2. Marriage-Related Anxiety

Emotional maturity is an ongoing process of achieving a balance between feelings, thoughts, and actions (Singh & Bhargava, 1990). It refers to an individual's ability to manage, express, and regulate emotions adaptively and proportionately. Emotional maturity encompasses the capacity to respond appropriately to life's challenges, whether minor or significant, by solving problems, controlling emotional outbursts, and critically anticipating situations that may arise (Sahay & Chakraborty, 2023; Meher et al., 2025). Masfufah (2022) states that emotional maturity is a crucial factor influencing an individual's successful adjustment. This ability enables individuals to respond to various circumstances more appropriately and maintain emotional stability when facing challenges.

Human behavior is often influenced by emotions rather than logic, highlighting the importance of effective emotional management in everyday life. By managing emotions appropriately, individuals can express their thoughts, feelings, and inner experiences more constructively. Emotions are considered healthy when there is a balance between feelings and thoughts (Papalia et al., 2007). Emotional skills can be developed from an early age, enabling individuals to understand and manage their

emotions more effectively as they mature into adulthood. Thus, emotional maturity represents an important psychological capacity that supports individuals in adapting to challenges and maintaining balanced emotional functioning.

2.3. The Effect of Emotional Maturity on Marriage Anxiety

There is limited empirical research specifically examining the influence of emotional maturity on marriage anxiety among working women in urban areas, particularly in Indonesia. Previous studies by Edwards (1993) have primarily focused on the general population or university students, leaving limited understanding of how emotional maturity relates to marriage anxiety among working young adult women. This population may experience specific circumstances, including high work pressure, demands for financial independence, career development, and changing social values, which may shape their perceptions and experiences regarding marriage. These conditions may create additional psychological demands when individuals are required to balance professional responsibilities with expectations related to marriage and future family life.

In addition, this study employs the Marriage Anxiety Scale developed by Çelik and Erkilet (2019) to measure marriage anxiety. To the researchers' knowledge, this instrument has been less frequently used in Indonesian research, particularly among working women in urban settings. Furthermore, few studies have specifically investigated the relationship between emotional maturity and marriage anxiety among working women in the Jabodetabek region. This gap indicates the need for further empirical investigation of the role of emotional maturity in managing marriage-related concerns within this population. Therefore, this study aims to determine whether emotional maturity is significantly and negatively associated with marriage anxiety among young adult women working in the Jabodetabek area. The findings are expected to contribute to a better understanding of the psychological factors associated with marriage anxiety among working young adult women.

H1: Emotional maturity has a negative and significant association with marriage-related anxiety.

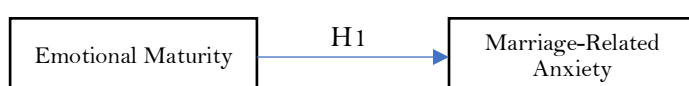


Figure 1. Conceptual Framework

Figure 1 illustrates the proposed relationship between emotional maturity and marriage-related anxiety. Emotional maturity is positioned as the independent variable that may influence individuals' anxiety toward marriage. The directional arrow indicates that changes in emotional maturity are expected to be associated with changes in marriage-related anxiety. Higher emotional maturity may help individuals manage uncertainty, expectations, and emotional challenges related to marriage. Therefore, the figure suggests that emotional maturity plays an important role in explaining variations in marriage-related anxiety.

3. Methods

This study examines the statistical association between emotional maturity and marriage-related anxiety using a non-experimental quantitative approach and simple linear regression analysis. Data were collected through an online survey using questionnaires measuring the variables under study. The questionnaires were developed using Google Forms and distributed through social media platforms, allowing participants to complete them independently through self-report. This

study employed a non-probability sampling technique, specifically purposive sampling, in which participants were selected based on predetermined criteria relevant to the research objectives.

Sugiyono (2018) defines population as a generalization area consisting of objects or subjects with specific qualities and characteristics determined by researchers for study purposes, from which conclusions can subsequently be drawn. Similarly, Rahi (2017) describes a population as the entirety of events, individuals, organizations, and research objects examined to obtain information and develop an understanding of the phenomenon under investigation. To determine the minimum sample size, this study applied the Lemeshow formula with a 5% margin of error, resulting in a minimum requirement of 384 respondents. The study ultimately involved 407 unmarried women in early adulthood, aged 20–35 years, who worked in the Jabodetabek area.

The respondents were unmarried women aged 20–35 years who worked in the Jabodetabek area. Purposive sampling was employed to select participants who met the predetermined inclusion criteria. According to Sugiyono (2018), purposive sampling involves selecting data sources based on specific criteria determined by the researcher. The use of this technique ensured that the selected respondents possessed characteristics relevant to the objectives of the study. Marriage-related anxiety was measured using the Marriage Anxiety Scale developed by Çelik and Erkilet (2019). The scale consists of 13 items measured using a four-point Likert scale, ranging from 0 for “Strongly Disagree,” 1 for “Disagree,” 2 for “Agree,” to 3 for “Strongly Agree.” The scale measures a single dimension, namely anxiety related to marriage.

Emotional maturity was measured using the Emotional Maturity Scale (EMS), originally developed by Singh and Bhargava (1990) and adapted by Maki and Kusumiati (2025). The EMS consists of 48 items, which were further adapted by the researchers into 44 items. The scale covers five components: emotional stability, emotional development, social adjustment, personality integration, and independence. It uses a four-point Likert scale ranging from 1 for “Strongly Disagree,” 2 for “Disagree,” 3 for “Agree,” to 4 for “Strongly Agree.” Both instruments were tested for validity and reliability using Cronbach’s alpha. Data were analyzed using IBM SPSS Statistics version 22 for Windows. The research hypothesis was tested using simple linear regression analysis. Before conducting the regression analysis, classical assumption tests were performed.

4. Results

Prior to the statistical analysis, validity and reliability tests were conducted to ensure that the research instruments adequately measured the intended variables and demonstrated consistent measurement. The validity test assessed the adequacy of each item, while the reliability test examined the internal consistency of the instruments. The results of the validity and reliability tests for emotional maturity and marriage-related anxiety are presented in Table 1.

Table 1. Validity and Reliability Test

Variable	Indicator	r-count	r-table	Cronbach Alpha	Information
Emotional Maturity	X1	0.409	0.361	0.950	Valid and Reliable
	X2	0.731			
	X3	0.640			
	X5	0.611			
	X6	0.574			
	X7	0.583			
	X8	0.587			

Variable	Indicator	r-count	r-table	Cronbach Alpha	Information
	X9	0.483	0.361	0.910	Valid and Reliable
	X10	0.598			
	X11	0.483			
	X12	0.818			
	X13	0.643			
	X14	0.709			
	X15	0.752			
	X16	0.559			
	X17	0.538			
	X18	0.748			
	X19	0.668			
	X20	0.448			
	X21	0.762			
	X22	0.496			
	X23	0.414			
	X24	0.533			
	X25	0.442			
	X26	0.687			
	X27	0.641			
	X28	0.645			
	X29	0.415			
	X30	0.755			
	X31	0.702			
	X32	0.723			
	X33	0.569			
	X34	0.714			
	X35	0.732			
	X36	0.594			
	X37	0.392			
	X38	0.635			
	X39	0.703			
	X40	0.411			
	X41	0.414			
	X42	0.662			
	X43	0.608			
	X44	0.392			
Marriage-Related Anxiety	Y1	0.803	0.361	0.910	Valid and Reliable
	Y2	0.764			
	Y3	0.665			
	Y4	0.740			
	Y5	0.798			
	Y6	0.761			
	Y7	0.556			
	Y8	0.811			
	Y9	0.704			
	Y10	0.711			
	Y11	0.629			
	Y12	0.595			
	Y13	0.660			

Table 1 presents the validity and reliability results of the emotional maturity and marriage-related anxiety instruments. The validity test shows that most items have r-count values greater than the r-table value of 0.361, indicating that the items meet the validity criteria. However, item X4 was found to be invalid because its r-count value of 0.318 was lower than the r-table value of 0.361. Therefore, item X4 was

removed from the instrument before further statistical analysis. The emotional maturity scale demonstrated high reliability, with a Cronbach's alpha value of 0.950, indicating excellent internal consistency among its items. Similarly, the marriage-related anxiety scale obtained a Cronbach's alpha value of 0.910, also indicating excellent reliability. The results indicate that both instruments demonstrated satisfactory validity and reliability after the removal of the invalid X4 item.

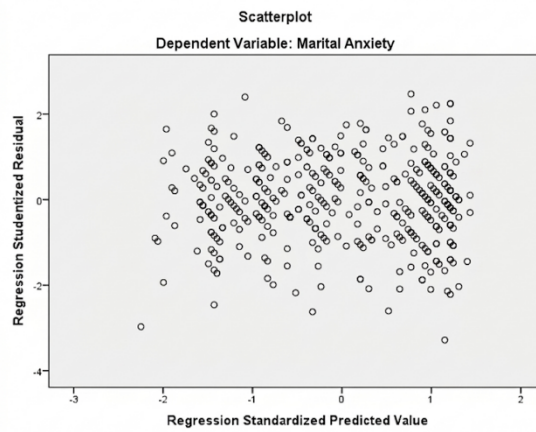


Figure 2. Heteroscedasticity Test

Based on Figure 2, the heteroscedasticity test shows that the residual points are randomly distributed above and below the zero line without forming a clear pattern. The spread of the residual points also appears relatively consistent across the predicted values. This indicates that the residual variance remains relatively constant and that no systematic pattern is observed. Therefore, the regression model does not exhibit heteroscedasticity, indicating that the homoscedasticity assumption is satisfied and the model is appropriate for further analysis.

Table 2. Linearity Test

ANOVA	Sum of Squares	df	Mean Square	F	Sig.
Combined	14371.006	95	151.274	24.731	0.000
Linearity	13794.283	1	13794.283	2255.169	0.000
Deviation from Linearity	576.723	94	6.135	1.003	0.481
Within Groups	1902.306	311	6.117		
Total	16273.312	406			

According to Table 2, the linearity test results show that the linearity component was significant ($F = 2255.169$, $p < 0.001$), while the deviation from linearity was not significant ($F = 1.003$, $p = 0.481 > 0.05$). These results indicate that there is a significant linear relationship between emotional maturity and marriage anxiety, with no significant deviation from linearity. Emotional maturity represents variable X, while marriage anxiety represents variable Y. Therefore, the assumption of linearity is satisfied, indicating that the data are appropriate for analysis using simple linear regression.

Table 3. Simple Linear Regression

Variable	Unst. Coeff. B	Std. Error	Stand. Coeff. Beta	t-statistics	Sig
(Constant)	40.566	0.422	-	96.120	0.000
Emotional Maturity	-0.183	0.004	-0.921	-47.472	0.000

According to Table 3, the simple linear regression results indicate that emotional maturity is negatively and significantly associated with marriage anxiety. The regression coefficient for emotional maturity is -0.183, with a standard error of 0.004 and a standardized coefficient (Beta) of -0.921. The t-statistic is -47.472, with a significance value of 0.000, which is below 0.05. Therefore, H1 is accepted, indicating that emotional maturity is negatively and significantly associated with marriage anxiety. The negative coefficient indicates that higher emotional maturity is associated with lower marriage anxiety. Every one-unit increase in emotional maturity is associated with a 0.183-unit decrease in marriage anxiety. The constant value of 40.566 indicates the predicted level of marriage anxiety when emotional maturity is zero. The findings demonstrate that greater emotional maturity is significantly associated with reduced marriage anxiety among the participants.

Table 4. F-Test

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	13794.283	1	13794.283	2253.577	0.000
Residual	2479.029	405	6.121	-	-
Total	16273.312	406	-	-	-

Based on Table 4, the F-test results show an F-value of 2253.577 with a significance value of 0.000 ($p < 0.05$). This indicates that the regression model incorporating emotional maturity as the independent variable significantly explains the variation in marriage anxiety. Consequently, the regression model is deemed significant and suitable for explaining the association between emotional maturity and marriage anxiety. These results also reinforce the findings of the previous simple regression analysis, confirming that emotional maturity is significantly associated with marriage anxiety.

Table 5. R-Square

Statistic	Value
R	0.921 ^a
R Square	0.848
Adjusted R-Square	0.847
Std. Error of the Estimate	2.474

Table 5 shows that the R value is 0.921, indicating a very strong relationship between emotional maturity and marriage anxiety. The R Square value is 0.848, meaning that emotional maturity explains 84.8% of the variance in marriage anxiety, while the remaining 15.2% is explained by other factors not included in the model. The Adjusted R Square value of 0.847 indicates that the model retains a high explanatory power after adjustment. Meanwhile, the Standard Error of the Estimate is 2.474, indicating the average level of prediction error in the regression model. These results demonstrate that emotional maturity has a strong explanatory contribution to marriage anxiety. The high R-squared value also suggests that the regression model provides a strong fit for explaining variations in marriage anxiety among the participants.

5. Discussion

This study indicates that young adult women in the Jabodetabek region possess moderate levels of both emotional maturity and marriage anxiety. The findings demonstrate that emotional maturity is significantly associated with marriage anxiety. This means that young adult women with higher levels of emotional maturity tend to experience lower levels of marriage anxiety, whereas those with

lower levels of emotional maturity tend to experience higher levels of marriage anxiety. The coefficient of determination indicates that emotional maturity explains most of the variation in marriage anxiety, while the remaining variation is attributable to other factors not examined in this study. These findings imply that emotional maturity plays an important role in reducing marriage anxiety among working young adult women in Jabodetabek.

According to Marsella (2014), anxiety is defined as a feeling characterized by tension, fear, restlessness, and worry associated with autonomic nervous system arousal. Marriage anxiety is a psychological condition marked by high levels of emotional arousal, accompanied by negative thoughts, emotions, and expectations regarding marriage, which leads to feelings of insecurity, fear, and a tendency to avoid conversations or situations related to marriage (Çelik & Erkilet, 2019). The interplay between premarital developmental demands and an individual's level of emotional maturity can help explain the emergence of marriage-related anxiety. In such contexts, emotional maturity serves as the psychological foundation that determines how individuals perceive, respond to, and manage marriage-related situations. Emotional maturity is crucial for young adults as they navigate phases of self-development, such as pursuing education, building a career, and exploring their potential (Solousyah & Kuswanto, 2025). Furthermore, emotional maturity plays a role in decision-making and conflict resolution within marriage, as emotionally mature individuals are generally better equipped to build harmonious relationships with their partners (Haq, 2017).

The findings of this study are consistent with Al Farisi et al. (2026), who found that marriage-related anxiety levels are lower when an individual is emotionally mature. Hikmah and Rahayu (2025) also support this finding, demonstrating that emotional maturity plays a crucial role in an individual's psychological readiness to transition from singlehood to marriage. These findings reinforce the present study's conclusion that emotional maturity is significantly associated with marriage anxiety. Sugianto et al. (2026) similarly identified a negative relationship between emotional maturity and work-related stress. In other words, the greater an individual's emotional maturity, the lower their level of work-related stress. Individuals who have achieved a high level of emotional maturity tend to possess better skills in managing emotions, exercising self-control, and responding to work pressures in a more adaptive manner. These findings indicate that emotional maturity serves as a vital psychological resource in helping individuals cope with various demands and pressures.

The findings of Sugianto et al. (2026) are particularly relevant because working women in early adulthood face both job demands and increasing pressure to form intimate relationships and prepare for marriage. The ability to regulate emotions adaptively can help individuals cope with the worries, uncertainties, and responsibilities associated with marriage. Consequently, emotional maturity is expected to alleviate work-related stress and marriage-related anxiety. From a practical standpoint, these findings highlight the importance of fostering emotional maturity as part of marriage preparation for working women in early adulthood. Training in emotion regulation, self-awareness, self-control, communication skills, problem-solving, and conflict management can support this development. Such efforts may help working young adult women manage marriage-related concerns more adaptively and reduce anxiety associated with the transition toward marriage.

6. Conclusion

This study concludes that emotional maturity is significantly associated with marriage-related anxiety among unmarried working women in early adulthood in the Jabodetabek area. The regression analysis showed a coefficient of -0.183, with a significance value of 0.000, indicating that higher emotional maturity is associated

with lower marriage-related anxiety. The R-square value of 0.848 further indicates that emotional maturity explains 84.8% of the variance in marriage-related anxiety, while the remaining 15.2% is attributable to other factors. These findings suggest that emotional maturity is an important psychological factor in supporting women's readiness to face marriage-related demands and uncertainties.

The findings have practical implications for counselors, psychologists, and other relevant parties in developing programs that strengthen emotional regulation, self-awareness, self-control, communication, problem-solving, and conflict-management skills as part of marriage preparation. However, this study has several limitations. The use of purposive sampling and online self-report questionnaires may limit the generalizability of the findings and introduce response bias. In addition, the study focused only on unmarried working women aged 20–35 years in Jabodetabek, limiting comparisons with other populations. Future research should involve more diverse samples, probability sampling where feasible, and examine additional factors such as attachment style, financial readiness, family expectations, relationship experience, and work-related stress. Longitudinal or mixed-method studies are also recommended to provide deeper insight into how emotional maturity develops and influences marriage-related anxiety over time.

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Ethical approval was obtained for this study. The manuscript represents original work and has not been previously published, nor is it under consideration by another journal.

Data Disclosure Statement

The data that support the findings of this study are available from the corresponding author upon reasonable request.



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