

Psychological Review of the Ideal Age for Marriage: A Literature Review

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Abstract

There is a change in the age limit for marriage in Law Number 1 of 1974 concerning Marriage, which was originally 16 years for women and 18 years for men, replaced with 18 years for Men and Women in Law Number 16 of 2019 concerning Amendments to Law Number 1 of 1974 concerning Marriage raises the question of whether the age of 18 is ideal for marriage? Moreover, there is a science that focuses on recognizing a person's soul, namely psychology, so if you look at it from a sociological perspective, the ideal age for marriage is 18 years old. From the results of the discussion, it was found that the ideal age for marriage for men and women is 17 years and above because the teenage phase has been passed so that the age of 18 years in the Law is considered ideal for marriage.

Keywords: *Marriage, Psychology, Ideal Age.*

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A. INTRODUCTION

Marriage is a sacred bond between a man and a woman who become husband and wife with the aim of living together in peace and building a household. Because this marriage is formed from two individuals who mutually convince each other, it is also related to the ages of the two individuals. The age of the prospective groom and bride who is considered ideal for marriage has an influence on the sustainability of the household (Nijo et al., 2022).

Marriage is an important institution that marks the union of individuals, traditionally a man and a woman, in a sacred commitment to build a life together (Wibisana, 2016). The age at which a person enters into a lifelong partnership has been the subject of significant debate and regulatory scrutiny in various societies. The legal age for marriage, often set by the government, serves as a benchmark to ensure the readiness and maturity of those involved.

In Law Number 16 of 2019 concerning Amendments to Law Number 1 of 1974 concerning Marriage, it is stated that the age limit for marriage for both men and women must be at least 18 years (Insiana, 2021; Aziz, 2022). The marriage age limit is a minimum age limit applied by the government of a country to be able to provide legality for someone to enter into a marriage or marriage. These restrictions are made based on customs in a country regarding a person's suitability or suitability for entering into a marriage (Khorri, 2018; Alexander, 2020). Each country is different in determining the age limit for marriage, some are the same in determining the age limit for marriage and there are also those that do not make any regulations regarding the age limit for marriage at all.

If we examine it, the large number of divorce cases is due, among other things, to a lack of mental readiness, maturity and ability to carry out responsibilities in a family, considering the large responsibilities that the prospective bride and groom will undertake (Heryanti, 2021). This is due to the unpreparedness and mental maturity of the bride and groom, so many people break up in the middle of building their household. Therefore, the question arises whether the age of 18 years is correctly used as the minimum benchmark for someone to get married from a psychological perspective.

This literature review aims to provide a psychological overview of the ideal age for marriage, with a focus on the impact of marrying at a young age, generally around 18 years. The age at which individuals enter lifelong partnerships has been a subject of increasing interest because of its implications for mental health, emotional readiness, and the overall success and stability of the marital union.

The author dives into existing research and psychological perspectives to explore the complexities surrounding the ideal age for marriage, focusing on the mental impact, emotional readiness, and preparation for the responsibilities of married life. Understanding the psychological dimensions of marrying at a young age is important for shaping societal policies and attitudes towards marriage, with the goal of encouraging healthier and more resilient bonds.

B. METHOD

This research uses the library research method, in accordance with the opinion of Kartini Kartono (1996:28), who explains that library research aims to collect data and information by utilizing various materials contained in the literature. The focus of this article is mainly on conceptual aspects, so a literature research approach was adopted to collect data relating to psychology's views on the ideal age for marriage.

C. RESULTS AND DISCUSSION

In contemporary developmental psychology studies or what is better known as life-span development psychology, which includes changes in development also includes changes during childhood, adolescence, adulthood, old age, and death (Hurlock, 1980:2). This is because development does not end with achieving physical maturity, but development is a continuous process starting from babies, children, teenagers, adults to old age. Changes throughout life do not only occur in physical changes, but these changes will greatly influence attitudes, cognitive processes and individual behavior (Harlina, 2020).

A sign that someone has reached adult status is that there is increased responsibility for oneself in the ability to make decisions independently, in order to achieve financial independence (Santrock, 2007:25). According to Santrock (2007:22-23), human development consists of several stages, including:

1. Prenatal period, namely the period from conception to birth
2. Infancy, namely the developmental period that stretches from birth to 18 or 24 months

3. Early Childhood, namely the developmental period that stretches from the end of infancy to the age of 5 years or 6 years
4. Middle and Late Childhood, namely the developmental period stretching from 6 years to 11 years of age
5. Adolescence, namely the transitional developmental period from childhood to early adulthood which is entered at the age of 10 to 12 years and ends at the age of 18 to 22 years.
6. Early adulthood, namely the initial development period at the age of 20 years and ending at the age of 30 years
7. Middle adulthood, namely the development period at the age of 35 years to 45 years
8. Old Age, namely from the age of 60 years until death

A person's maturity is always associated with having maximum bodily strength and being ready to reproduce and is expected to have cognitive, affective and psychomotor readiness, mental maturity and social behavior and play a role together with other individuals in society (Mappiare, 1983: 17).

Psychologists have an explanation for determining the ideal adult age for marriage, namely, according to Andi Mappiare (1983: 152), the age at the time of marriage is not only related to the age that is considered mature for each individual, but also related to the age ratio between the two young people. the helm in question. A person's age is often closely related to their psychological development, economic and social growth (Sunarto & Rozy, 2022). Getting married at the age of 25 to 30 years is based on mature thinking. In terms of economics and the growth of social relations, adults aged 25-30 have reached a stable level. The age gap between men and women is 4 years, with the caveat that women are younger. At that age, the average adult already has a solid concept about himself and has certain life values.

According to Andi Syamsu Alam (2006: 100), getting married really emphasizes the importance of maturity and maturity, before entering domestic life which is never silent from the storms and waves of life. Husband and wife who are mature both physically and psychologically will certainly be able to overcome various life problems that hit their household. However, if they are not yet mature, because they marry at a young age, they will definitely be very easily shaken and in the end their married life will fail in the middle of the journey. Based on this idea, the ideal marriage age for prospective husband and wife is 25 years, equivalent to the age of a bachelor's degree, the ideal marriage age is the same for men and women, 25 years each for psychological reasons, that at this age level it is balanced in mental maturity, age and education.

According to Levinson, the age for marriage is 22-28 years old, because at that age adults build their first life structure, by making a career choice and getting married or forming a stable relationship. They work for success, looking for a

supportive partner and mentor. According to him, this age is a relatively stable period and he is at the peak of his physical fitness (Upton, 2012: 234).

According to Mufidah (2013:98-102), there needs to be preparations that must be made by couples who will enter the household, namely:

1. Age of Marriage

Entering a new life in a household requires excellent physical preparation related to the readiness of healthy reproductive organs for the mother and the survival of the child. Underage marriage is a phenomenon in some Muslim communities because legally fiqh is considered valid, without considering psychological maturity or reproductive organ maturity. The unpreparedness of women's reproductive organs in entering marriage has dangerous impacts on the mother and baby. The ideal age for fertilization of female reproductive organs is at least in line with the age of psychological maturity, namely 21 years. Where the mother is seen as physically and mentally ready to accept the presence of her baby and its various problems.

2. Mental preparation

The transition from the world of adolescence to the adult phase under the auspices of marriage will have a huge psychological impact, so mental preparation is needed to assume a new status, as a mother or father. Housekeeping is a long journey that requires sufficient preparation and supplies. Mental readiness is one of the provisions that really determines resilience in facing problems that arise in domestic life. The older a person gets, the more their mental, emotional and spiritual maturity increases.

3. Get to know potential partners

Marriage can be interpreted simply as the union of two different people. As a consequence, many differences will emerge. One thing that married people often don't realize is that the union of two individuals is not a simple matter. Each person has their own history and has a background that is often very different, whether family background, environment in which they live or personal experiences so far.

Here, adjustments need to be made to get to know your partner better, all strengths and weaknesses need to be understood, so you can determine how to behave. Because in domestic life, awareness is needed to complement each other, so that harmony is created

1. Study your partner's hobbies

Small attentions will have their own value for a couple, especially at the beginning of a marriage. Someone who is getting married can do this by studying the hobbies of their prospective partner. As a prospective couple who will later become husband and wife, try to understand and support each other's good habits that must be preserved, and eliminate bad habits that can disrupt harmony in the family. It often happens that married couples have different potentials, hobbies and habits, but both of them don't have a problem because

they both understand as long as it doesn't cause violations of religious and cultural norms and values and can still maintain a positive relationship between the two of them.

2. Environmental Adaptation

New family, family and community environments will definitely be faced. Understanding the family environment of a prospective partner can convey how a person can behave and be able to bring themselves into the habits that exist in a new environment. Readiness to accept your partner's presence means you must be ready to accept it with your family and the community around you. Because the essence of marriage is not a marriage between two people who are married as husband and wife, but more broadly between their family and their partner's family. Between their partner's village and their partner's village, between their language and their partner's language, between their habits and their partner's habits.

3. Create an Islamic atmosphere

In facing marriage, apart from mental, physical and social preparation, preparation is also needed to build a family with an Islamic atmosphere. This Islamic atmosphere can be formed through spatial planning, movement, daily behavior and so on. This will increase the bond between the couple physically and mentally. For this reason, an Islamic atmosphere must be planned before entering the household by building mutual commitment, getting used to communication and relationships before marriage. It often happens that in preparation for marriage, someone pays little attention to the Islamic atmosphere, preferring to follow habits that are not in accordance with Islamic values.

The ideal age for marriage is an interesting topic in marital psychology. Psychology views that emotional stability and mental readiness play an important role in building a healthy and sustainable marital relationship. Several psychological aspects that need to be considered regarding the ideal age for marriage involve individual maturity, identity development, and readiness to manage marital conflict and responsibilities (Andri et al., 2020; Indra et al., 2023).

It is important to remember that psychology does not provide a single answer about the ideal age for marriage, because each individual is unique. Factors such as individual readiness, social support, and life experience can be more significant than chronological age alone. Therefore, a holistic approach that considers various individual psychological aspects is needed to understand the dynamics of the ideal age for marriage in marriage psychology.

D. CONCLUSION

The conclusion that can be drawn from this article is that in Psychology it is explained that the ideal age of marriage is seen from a person's personal maturity or

maturity so that the physical age of marriage as stated in Law Number 16 of 2019 concerning Marriage which states a minimum age of 18 years can be said to be true because that age has gone through the teenage phase in the life phase according to psychology.

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