

ABSTRACT

THE RELATIONSHIP BETWEEN MARRIAGE IS SCARY WITH MENTAL READINESS FOR MARRIAGE IN PROFESSIONAL NURSING STUDENTS

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Marriage is scary is a condition that describes fear, anxiety, or worry about married life, so that it can affect a person's mental readiness to marry, if not managed properly will increase the risk of household conflict leading to separation. The purpose of this study was to analyze the relationship between marriage is scary and mental readiness to marry in nursing profession students at Bina Sehat PPNI Mojokerto University. This type of correlation analytic research used a cross-sectional design. The population was 136 nursing profession students who were calculated using purposive sampling, resulting in a sample of 133 respondents. The instrument used was a questionnaire on the perception of marriage is scary and pre-marital mental readiness. The analysis used the Chi-Square Statistical Test ($\alpha < 0.05$). The results showed that most respondents perceived marriage is scary in the negative category (62.4%), while almost all of the mental readiness to marry in nursing profession students was low (76.7%). The P value (0.001) with a contingency coefficient value (0.410) which means the strength of the relationship in the medium category between marriage is scary and mental readiness to marry. This study shows that the more negative the marriage is scary perception held by nursing students, the lower their mental readiness for marriage. Therefore, efforts are needed to improve mental readiness before entering married life by seeking positive information, increasing self-understanding and other positive things.

Keywords: Marriage is Scary, Mental Readiness for Marriage, College Students, Generation Z.

ABSTRAK

HUBUNGAN *MARRIAGE IS SCARY* DENGAN KESIAPAN MENTAL MENIKAH PADA MAHASISWA PROFESI NERS

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Marriage is scary merupakan kondisi yang menggambarkan rasa takut, cemas atau kekhawatiran terhadap kehidupan pernikahan, sehingga dapat memengaruhi kesiapan mental menikah seseorang, apabila tidak dikelola dengan baik akan meningkatkan risiko terjadinya konflik rumah tangga hingga berujung pada perpisahan. Tujuan penelitian untuk menganalisis hubungan *marriage is scary* dengan kesiapan mental menikah pada mahasiswa profesi ners di Universitas Bina Sehat PPNI Mojokerto. Jenis penelitian analitik korelasi menggunakan desain *cross-sectional*. Populasi sebanyak 136 mahasiswa profesi ners yang dihitung secara *purposive sampling*, sehingga mendapatkan sampel 133 responden. Instrumen yang digunakan kuesioner persepsi *marriage is scary* dan kesiapan mental pra-nikah. Analisis menggunakan Uji Statistik *Chi-Square* ($\alpha < 0,05$). Hasil penelitian menunjukkan sebagian besar responden berpersepsi *marriage is scary* pada kategori negatif (62,4%), sedangkan hampir seluruhnya kesiapan mental menikah pada mahasiswa profesi ners rendah (76,7%). Nilai P (0,001) dengan nilai *contingency coefficient* (0,410) yang berarti kekuatan hubungan pada kategori sedang antara *marriage is scary* dengan kesiapan mental menikah. Penelitian ini menunjukkan bahwa semakin negatif *marriage is scary* yang dimiliki mahasiswa profesi ners, semakin rendah pula kesiapan mental menikah, oleh karena itu, diperlukan upaya untuk meningkatkan kesiapan mental sebelum memasuki kehidupan pernikahan dengan mencari informasi yang positif, meningkatkan pemahaman diri dan hal positif lainnya.

Kata Kunci: *Marriage is Scary*, Kesiapan Mental Menikah, Mahasiswa, Generasi Z.