

Wife Subjective Planning To Husband's Infidelity

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Abstract

Having a happy family is the dream of every married couple, but what happens if one partner breaks the commitment and has an affair? The purpose of this study is to investigate how a wife's subjective planning influences her husband's infidelity. This study used qualitative methods with a case study approach. The research subjects consisted of four subjects, such as the wives who were betrayed by their husbands. These four subjects are all Christian and domiciled in Ambon. This case study used the interview method and observation in collecting the data. The data analysis method used is the narration method, which refers to Reissman's theory, which consists of the stages of telling, transcribing, and analyzing. The result of the research showed that the subjects are actively involved in managing the internal and external demands through the coping strategy, which started with problem-focused coping to emotional-focused coping. The strategy change is done when the subjects' judgement of the "situation" at hand is out of their control until they carry out restructurisation internally. When the inner sources are felt to be inadequate and that the stress load is intense over a long period of time, the subjects tend to live their faith trust as a basis of hope to stay in the marriage while orienting their life for their children's well-being.

Keywords: subjective appreciation, wife.

I. Introduction

Marital status is interpreted as an individual bond forming a happy family (household) with a lifetime duration both religiously and legally. The result of Bayissa (2020) showed the underlying reason for an individual to have a marriage relationship, such as the basic need for love and intimacy with a partner can be fulfilled, as a means of sharing, giving encouragement and motivation with the partner, and as a channel for good sexual satisfaction. A marital bond between a man as a husband and a woman as a wife has the same rights and obligations in forming a family. If both partners or one of the partners shows disloyalty, it will trigger a problem in the family.

Disloyalty behavior starts from a dissatisfaction that happens from the desire of the

household needs, as stated by Ag, R. M. (2019). Based on the survey results of the Central Bureau of Statistics in (2022), some phenomena have happened, such as the disloyalty trend, the economy, the provision of physical and spiritual sustenance, and the increase of disharmony in marriage.

The survey result showed that there are divorce lawsuit cases in Indonesia that have increased since 2021, reaching 447,743 cases from 2020, which is 291,677 cases. From this survey, it obtained the data of a wife as a plaintiff, such as 75.34% of 337,677 cases. Hence, the data of the husband as plaintiff is 110,440 cases, or 24.66%.

This report showed that there are various causes of divorce, with the partner's disloyalty being one of them. Andu's study (2021) related

to the infidelity phenomenon on husbands found that there is a disloyalty reason for the husband, such as 42%, triggered by the communication problem in the family. Because the task allocation in the household did not follow the agreement, the husband-wife relationship suffers.

According to the finding of Soraiya et al. (2016), the dissatisfaction in the household leads to divorce. Hurlock (in Mubina & Anisatuzzulfi, (2020)), stated that a marriage dissatisfaction by the partner's high disloyalty caused bad communication factors, not even the problem of the married couple.

The findings of Pramono (2007) disclosed that the maximum teamwork factor and the unanimous will between husband and wife allow the restoration of relations due to the partner's behaviour that is not in line with the purpose of marriage. An affair or disloyalty is defined as a violation of trust where a married couple (husband and wife) has committed to marriage.

Sadarjoen (2005) revealed that infidelity or disloyalty is the cause of the biggest conflict in a marriage, which damages the partner's trust. There are several factors that motivate and serve as the backdrop for a husband and wife's affair. These issues are an indicator of household disharmony, resulting in dissatisfaction with the basic need for love and intimacy between husband and wife. The disloyalty of a partner has a negative advantage for the marriage, such as conflict will always occur between both sides, so the quality of the husband-wife relationship will decrease. All of these lead to the decision-making to separate and divorce (Chang, 1999; Charny & Parnass, 1995; South & Lloyd, 1995; Shackelford, Buss, & Shackelford, 2003; Fan & Lui, 2004).

Emotionally, how the betrayed partner feels is determined by the supporting factors such as the length of marital status, the good quality of a marriage before the disloyalty, the obedience of faith and religion, and the emotion faced by the

partners and children (Pramestri & Fardana, 2020). The change from the right strategy to the affair case in marriage is determined by the education factor. Through education, gender equality is fought, the system and cultural values are changed in the social environment. The individual has an evaluated experience range, not only at one time but also involving past experience, present and hope in the future (Zessin & Garbade, 2015).

The findings of Iswahyuningtyas & Adiyanti (2022) explained that there is an evaluation of oneself, every event, life journey, and emotion, makes individuals tend to perceive their lives to be more positive when they have fun emotional experiences. According to Kahneman & Krueger, A. B. (2006), experience and mood can influence the individual's subjective well-being like positive and negative feelings like happiness, feeling comfortable, the will to have good communication with other people, feeling pressured, stress, and anger. Those experiences, according to Diener (1984), are stimuli to the occurrence of evaluation and negative emotions.

Hence, King (2008) explained in his study about subjective planning for a husband that there is a significant influence in forming a relationship. The means to increase subjective well-being can be done by slowing down the adaptation when encountering a positive event and accelerating the adaptation to a negative event by finding the positive meaning in the problem faced and cultivating gratitude.

The previous study on the subjective well-being of a wife discovered that subject planning has an effect. This study used a quantitative method with a functional structural approach by Aspary, Puspitawatu, & Krisnatuti (2021). According to the study's findings, education and family income have a significant impact on husband-wife interactions. Subjective well-being and husband-wife interaction influence significantly, although indirectly, the quality of marriage. The result of the study

showed that there is no influence of the length of marriage on the quality of marriage. According to

II. Research Method

subject	Leni	Vita	Tasha	Ellen
Religion	Christian Protestant	Christian Protestant	Christian Protestant	Christian Protestant
Age	29	30	29	39
Age at marriage	22	18	22	22
Marriage length	17	12	7	17
Education	Bachelor	S1	D3	D3
Occupation	Civil Servant	-	-	-
The marriage age when the occurrence of infidelity	4 th Year	11 th Year	5 th Year	2 nd Year
Amount of children	2	2	2	5
Body Shape	Chubby	Slim	Slim	Slim

Maliki (2019), subjective planning deals with partner disloyalty due to the desire to have children, but it can still influence marriage satisfaction through various factors such as mutual attention, mutual trust, and mutual openness to each other.

Based on these analyses, the researchers have a desire to conduct a study related to a wife's subjective planning to husband infidelity. Through this qualitative research, it is expected to increase the insight of the academic knowledge, the development task, and the subjective well-being through wife planning related to husband violation of the marriage commitment that has been agreed.

Table 1 Subject Characteristics

This study used a case study¹ approach by utilizing the Egan² Theory. The subject of this study consisted of four married women, with general similarities in the age aspect at marriage, level of education, religion, and culture, yet the affair happened at the various marriage ages. (Table 1).

The technique of collecting data uses in-depth interviews and empathy so that there is an exploration of the problem by the subject. The collected data is then analyzed using the Reissman³ technique analysis, which consists of three stages; telling, transcribing, and analyzing.

The discussion of this study is divided into two parts, such as Primary Assessment (primary appraisal) and Secondary Assessment (secondary appraisal). Primary assessment consists of three components such as goal relevance, goal compatibility or incompatibility (goal congruence or in-congruence), and ego involvement (type of ego-involvement). Whereas the secondary assessment consists of three components, such as: who is responsible for this situation (blame or credit), ability to solve problems (coping potential) and future hope (future expectations).

III. Data, Analysis, and Discussion

Wife's subjective appreciation as Primary Appraisal

Primary assessment is research that is relevant to personal goals. If there are no personal goals that

are at stake, then the emotions will not appear. But if there is a goal, then the emotion will happen, depending on the transaction result. However, the resulting emotion depends on whether or not the transaction responds to the individual's wants.

The positive emotion happens when the transaction is appropriate with the personal wish, whereas the negative emotion occurs when the transaction is not in accordance with the individual's wish. The type of ego-involvement related to aspects of ego identity or personal commitments; pride and social awards; moral values; ideal ego; meaning and ideas; other people and their well-being; and life goals, on the other hand.

The following serves as the result of the study analysis of four research subjects based on the primary assessment indicators.

Table 2 Summary of The Informant's Subjective Appreciation of The Indicators of The Primary Appraisal

Name	Goal Relevance	Goal Congruence	Type of Ego-Involvement	Facts/findings	Analysis/interpretation
Leni	Exist	Not appropriate	Pride	<p>The subject got angry or sad:</p> <p>The next actions are:</p> <ul style="list-style-type: none"> ✓ Advise, reprimand, every time husband comes home, ✓ Prepare the husband's favorite meal to get the husband's affection back. 	<p>The subject experienced negative emotions such as anger or sadness because the situation she experienced did not go as she desired. She advised her husband as a reprimand. However, the subject experienced an unexpected verbal attack. To protect her wounded pride, the subject kept doing her responsibility as a good wife</p>

					to get her husband's affection, and she hoped that he would leave the rival and always come home.
Vita	Exist	Not appropriate	<ul style="list-style-type: none"> ○ Pride ○ Significant others 	<p>The subject got angry/jealous/sad/embarrassed/depressed: The actions taken by the subject are:</p> <ul style="list-style-type: none"> ✓ Attack the rival verbally to physically, ✓ Asked for the rival's parents responsibility to cultivate their rebellious daughter, ✓ Crying, searching for a support, ✓ She self-isolated, drinking some pills to end her life, but after being resuscitated, she got up again because she found the meaning of her lost life. 	<p>The subject got negative emotions: angry or jealous because the situation she experienced did not go as she desired; her marriage is threatened; her pride is wounded because it was replaced by another woman. She then feels embarrassed because she judges herself a failure for not being a good wife because she is not able to get her husband's affection. The subject finally did not get any support from her surroundings. The subject felt lonely and empty and started to withdraw from society until she tried to end her life by drinking some pills. With the help of someone in that critical situation, the subject got up and directed her life for her children.</p>
Tasha	Exist	Not appropriate	<ul style="list-style-type: none"> ○ Pride ○ Significant others 	<p>The subject got angry or jealous: The actions taken by the subject are:</p> <ul style="list-style-type: none"> ✓ She lashes out at her husband verbally, cursing, spitting, ✓ The subject had an affair as revenge. ✓ When the subject's affair 	<p>The subject experienced negative emotions and was angry or jealous because the situation she experienced did not go as she desired; her marriage is threatened; her pride is wounded because it was replaced by another woman. To protect herself, the subject started to degrade her husband verbally until she finally chose to have an affair as her frustration</p>

				was known by the subject's parents, the subject got embarrassed and started to improve herself and take responsibility as a wife.	release. The shame after her parents' reprimand as a result of being caught cheating, makes the subject improve herself and accept her responsibility as a wife as it should be.
Ellen	Exist	Not appropriate	<ul style="list-style-type: none"> ○ Pride ○ Significant others 	<p>The subject got angry or jealous:</p> <p>The actions taken by the subject are:</p> <ul style="list-style-type: none"> ✓ Urging and hitting the rival, and at the end ✓ and at the end Burn her finger with a candle to make sure which part of herself is the most painful, then treat her finger by spreading the ointment. ✓ The subject's faith belief towards marriage value and meaning made the subject stand for the marriage, take care of the children, and teach the children to accept their father, keep respecting their father, although their father is wrong. 	<p>The subject experienced negative emotions and jealousy because the situation she is experiencing is not as she desired: her marriage is being threatened, her pride is wounded because it is being replaced by another woman. To protect her marriage, the subject took a persuasive approach towards each rival. She threatened the rivals if they ignored her warning. The husband's successive infidelity and a long separation made the subject so tortured that she needed to make sure which part of herself was the most painful by putting her finger on the burning candle, then immediately spread an ointment on it. The subject got her power from her faith belief to keep standing in the hardest conditions while taking care of and cultivating her children to keep respecting their father.</p>

Conclusion	The subjects got angry and jealous towards their husband’s infidelity and tried various ways to get their husband’s attention and affection to recover each subject's pride and the purpose of life that they wanted. The failure in getting the husband’s affection made the subjects frustrated, but then chose to stand for their children.
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The result of the study showed that all subjects judged that the husband’s infidelity contradicted their wishes and hopes. Every subject experienced displeasure within themselves and strive to change the situation as best they could to end the affair that threatened the subjects’ happiness. When the subjects’ efforts fail at the beginning, they get hurt and become more aggressive against the husband and the rival. Nevertheless, when those efforts have no result and the worse situation brings no advantage to the subjects, they start to stop their resistance. At this phase, each subject intensely fought their anger and jealousy, which made them more frustrated towards the unwanted situation.

Wife's subjective appreciation as Secondary Appraisal

The secondary assessment covers three components, such as blame or credit, coping

potential, and future expectations. Blame or credit occurs if the individual experiences frustration because their well-being is disturbed or threatened. The question that arises is who is responsible for this? If the situation is worse, they will blame themselves or other people (blame). Coping potential points to the ability to manage demands faced or actualization of the concerned individual commitment. Meanwhile, the future expectations explain what the individuals’ hopes for the future are. Here the individual asked about the possible change that the individual could make, whether it would be better or worse later. In this case, the individual attempted to align the purpose in certain ways so that the future expectation is suitable with the purpose or becomes better.

The following is a description of the study analysis result for four research subjects based on secondary assessment indicators.

Table 3 Summary of The Informant's Subjective Appreciation of The Indicators of The Secondary Appraisal

Name	Blame	Coping Potential	Future Expectation	Analysis/ Interpretation
Leni	The subject seemed to blame herself for protecting her husband’s pride from the big family attack. That is the reason the subject always lied to her parents. And if her neighbor comments that her husband is "coming", the subject will rebuke	The subject attempted to get her husband’s affection by giving intimate chats so that the husband would come home and she would always prepare her husband’s favorite meal.	The subject hoped that by proving her love, the husband would be comfortable and always feel at home while living with her rather than the rival.	The subject’s strong feelings for her husband compelled her to defend his reputation against family attacks and public satire. This is done by the subject not only protecting her husband’s pride but also protecting her pride from external attack. That is why the subject attempted in such a way that her husband would come home

	her by saying that her husband is not "coming" but "coming home."			more often as she wishes and hopes
Vita	Vita tended to blame the third person (the rival and the parents of the rival). Vita got angry because of the rival's failure morally, and the rival's parents' cultivation were the cause of the devastation that she felt.	Vita attempted to paralyze the rival by various strategies, either by coming to the rival directly or by carrying out an attack verbally as well as physically. The subject then came to the rival's parents, warning them of their failure as parents in the case of the moral development of "their daughter."	The subject judged that the situation would be better if the people she considered wrong started to realize their mistake, then take responsibility for the "situation" that the subject experienced. The failure gets what the subject wants, causing a deep sadness and depression. However, the subject is then capable of standing for her children.	The subject put hope in the realization of the third person's ability to improve herself. Therefore, the subject did the verbal to physical attacks, although at the end it failed and the situation became worse, not as she wished. The subject judged that she was no longer important to her husband, who tended to choose her rival rather than herself. The worthless feelings, sadness, and less support from significant people make the subject feel alone, empty, and depressed. The subject judged that ending her life was the solution. That is why she swallowed some pills that almost killed her. The presence of her parents in the "critical moment" realized the subject of the meaning of life so that the subject got up again and found the meaning of life in the middle of her downfall.
Tasha	Tasha blamed her husband for his betrayal. She cannot accept her husband's treatment of her. She feels "dirty" after having sex with her husband after she found out that he had an affair. The	She felt her pride was hurt. The subject made a verbal attack towards her husband. The subject cursed, spit, and humiliated the husband in front of her husband. When	The subject felt satisfied with her affair. She hoped that her husband would see that she was still valuable and wanted by other men. Nonetheless, the subject received	The subject's ability to change the situation by "cheating back" actually made the subject feel guilty and embarrassed when her affair was revealed by the family. The subject finally realized her mistake and started to fix herself. The subject then ended her

	<p>subject threw her husband' phone, ran away from her husband, and screamed all the way to the beach.</p>	<p>her husband went to sea (ship's crew), the subject judged that by having an affair, she could quell her hurt pride.</p>	<p>no support from her family; she was blamed for her affair; she became embarrassed and felt guilty. The subject judged that she must fix herself and live for her children.</p>	<p>affair, then built a life for her children.</p>
Ellen	<p>Ellen thought that having an affair was men's clothes. Therefore, Ellen tended to blame the rival rather than blaming her husband. That is why Ellen attacked the rival physically if the rival ignored the subject's appeal to stay away from her husband.</p>	<p>The subject did not get any support at all from the people who she expected the most (her parents-in-law). Even the husband often hit her head until it was bleeding, and there was nobody there to help. The subject was abandoned by her husband for four years to live with their rival in Java. This is the hardest situation to live in because the subject must support her five children. When the husband came back, the subject felt confused and heartbroken, yet powerless to resist her husband's presence. The subject kept fulfilling her husband's sexual needs. This situation kept repeating itself. That is why the</p>	<p>The subject lived her life by relying on the power of faith. The subject is confident that only God can keep the marriage. That is why the subject always invites her five children to pray and keep worshipping God.</p>	<p>Upon encountering the husband's infidelity, the subject armed herself with the thought that having an affair is the nature of man. The subject judged that she could not change her husband. That is why the solution is in her ability to encounter the third person, whether verbally or through physical attack, if the rival keeps having a relationship with the husband. However, this attempt did not work because the husband always protected the rival, and even the subject was being harmed more. At home, the subject was always hit and left in a bleeding condition on her head. The subject found that facing the situation that is out of her control makes her more diligent in worshipping God with her children. That is why the subject found her faith power to keep standing and love her husband no matter how hard it is.</p>

		subject then calmed herself by imagining her ex-boyfriend as revenge, but then she changed her mind and fixed herself after being advised by God while reading the bible.		
Conclusion	Generally, each subject directs the "blame" externally and experiences negative emotions such as anger and jealousy. There are various ways the subject has made to end the husband's affair with the third person and get back the marriage integrity. The effort on these subjects is made gradually. First, the subject does coping that is oriented on the problem; and second, after the step made does not work, the subject then orients on the coping centered on the emotion. The inability of the subjects judged that they should divert the focus from the husband and their rival, and started to plan their life ahead for their children.			

The blame that is directed at the subject externally has a difference from one to another. For the subject Leni, blame that should be addressed to the husband is directed at herself. This is the way of the subject to keep protecting her husband's pride against the attack from outside and at the same time to direct the subject to treat her husband well in order to prove herself as a loving wife. This is motivated by the subject's desire to get back her husband's affection and the marriage integrity.

For Vita, the external "blame" seems influenced by the parenting she received from her parents⁴. As a result, Vita tends to do resistance actions towards the third person. Unlike with Vita, Tasha blames her husband and demands her husband's responsibility for the pain the subject felt. Tasha judged that the husband is the one who is at fault if he is having an affair. Ellen, in her prolonged suffering, tends to dodge the blame by confirming that infidelity is "the men's clothes" and, therefore, she took persuasive action towards the rival. Before the end, she did physical attack.

This thought made Ellen more diligent in worship and strengthened herself to keep standing and faithfully serve her husband.

The subjects' actions are tinged with guilt judgement, pushing every subject to do verbal to physical attacks (except for the subject Leni). When the subjects see that their attempts have failed and the condition that they are facing is getting worse, the subjects then change the strategy, which is problem-solving oriented to emotional oriented. Each subject chose to control the emotions, improve themselves, and get up for their children's well-being. The subjects' ability to keep standing and serve their husband is colored by the value of loyalty in the marriage that is sourced from the Christian faith belief. This value is internalized by each subject, and therefore they are unable to receive their husband's disloyalty treatment. However, the subjects' ability to stand is based on this loyalty value, which is more inclined as a motivation that activates each subject to maintain their marriage.

IV. Conclusion

This study showed that each wife wants their husband to be loyal and when the

expectations do not match with the reality, they get angry and jealous, then try to get their husband's

affection back by encountering the third person many ways so that the affairs end; starting from the gentle approach to the harsh approach (confrontation). Leni was the only subject (Leni) who did not harshly attack, whether verbally or physically. This might be influenced by the personality factor. In general, wives seek social support from their significant others in order to maintain their position. If the expected people are not available, the subject will experience the worst pain internally of the psychosomatic syndrome that has appeared before. The result of the study showed that each subject showed different strategies to align their lives to be better. For the subject (Vita), this thing ends in the planning of the act of ending life. Nevertheless, she is awakened for the purpose of her life by someone at her critical point. The subject, Ellen, is stimulated to recall her ex-boyfriend to reduce her suffering, although then she feels guilty or sinful. The subject, Ellen, then strengthens her worship with

her children so that she can function as a good mother and a faithful wife. The subject, Tasha, changed the situation by doing cheating backlash, but when her affair was found out, she felt embarrassed and decided to fix herself by ending her affair and living for her children. The subject, Leni, changed the situation to get her husband's affection by still respecting and serving her husband well through the phone, serving the best food, while hoping for God's intervention through prayer.

In all efforts to align the purpose of life to become more suitable with the subjects' hope, each subject became more optimistic about living their life, getting up from the downfall and orienting the life in their children's surroundings, supported by the subjects' appreciation of values.

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