THE RELATIONSHIP BETWEEN SELF DISCLOSURE AND HAPPINESS OF WORKING WIFE

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ABSTRACT

In carrying out the dual role as a housewife and work is not an easy thing. Various demands that must be carried out by working wives can cause fatigue, feelings of being burdened, and can even cause conflict in the household due to conflicting roles, thus making working wives unhappy. One of the things related to happiness is self-disclosur . This study aims to determine the relationship between self-disclosure and happiness in working wives. This research is quantitative with a purposive sampling technique involving 100 respondents. The self-disclosure measuring instrument used was compiled based on Wheeleess's self-disclosure theory totaling 34 valid items with a reliability value of 0.909, as well as a happiness measuring instrument compiled based on Seligman's happiness theory which amounted to 36 valid items with a reliability value of 0.914. Correlational test results obtained sig. (P) of 0.00 (p <0.05) and r value of 0.386, which means there is a significant relationship between self-disclosure and happiness. Self-disclosure contributed 14.9% to happiness in working wives and the remaining 85.1% by other factors. More happy working wives (52%) compared to unhappy wives. Age and level of education are known to have no relationship with happiness in working wives.

Keywords: Self Disclosure, Happiness, Wife, Work.

INTRODUCTION

A husband's household   responsibilities are earning a living, nurturing or guiding his wife, being a good partner for his wife and helping to lighten his wife's duties such as inviting children to play in his spare time (Dewi in Putri & Lestari, 2015) . While the wife is responsible for the domestic environment (household) such as, taking care of children, husband and doing domestic work. Over time, currently the wife does not only have responsibilities as a household keeper, but also participates in the public sector or work. The high level of wife's education and the demands of household economic needs are one of the reasons for wives to play a role in the public sector. Based on data from the Central Statistics Agency, the total workforce in February 2019 was 136.18 million people (Jayani, 2019) . If seen by sex (gender), Tingkat Partisipasi Angkatan Kerja (LFPR) of women amounted to 55.5%. Meanwhile on an annual basis, female LFPR is known to increase by 0.06% from the previous year. This increase also occurred in 2017 to 2018 where the number of labor force per August 2017 was 50.89% and rose to 55.4% in February 2018. Based on these data it appears that the current role of women in the public sector is increasing although not increasing which is very high.

The condition of a working wife can provide several benefits for marriage, wives who have jobs other than housewives can avoid wives from stress and frustration. They will be healthier physically because it is considered a better function of emotionality, vitality and mental health than the wife who only takes care of the household (Saravi et al ,

2012) . Azeez (2013) said that the role of the wife who participates in the workforce is positive in equality, but it also influences family life, because it can lead to conflicting role demands. The demand to divide up his time and also his role in a career and being a housewife is certainly not an easy thing to go through and sometimes can cause various problems both at work and household. Problems faced by working mothers include difficulties in taking care of the household, lack of time with husband and children, feeling tired because they have to work at home and in the office, husband's demands on household responsibilities and are filled with feelings of guilt for being forced to leave his obligations as a mother to her children. If the problem is allowed to drag on, it can make working wives unhappy and can even lead to divorce . In addition, according to research Rachma Yani & Kumala (2016) found that there is a dominant influence of marriage behavior and commitment to marital happiness in working wives who have higher incomes than husbands. A wife who has a higher income will have a high dominant behavior. The dominant behavior in a wife causes unhappiness in marriage.

However, there are still many wives who choose to keep working and have a career with a variety of reasons. Working according to Seligman (2002) is one of the inner strengths that can create abundant happiness and satisfaction. This means that work can be a source of happiness. Happiness according to Seligman (2002) is a concept that refers to positive emotions felt by individuals, as well as positive activities favored by individuals which are characterized by the establishment of positive relationships with others, full involvement in both physical activity and in the heart and mind , the concept of finding meaning in life, optimism and the ability to rise from unpleasant events (Saudi, 2014). There are several working wives who can feel happiness and some are not happy. Researchers had the opportunity to conduct an interview with Ms. T (43), a wife who also worked, the following is an interview excerpt with Ms. T (43) .

> " *I chose to keep working because I already worked since before marriage, so it's a shame if I want to retire. My husband and child also support me working. During this time I also did not feel that I had difficulty in dividing my time, because I came home from work late in the evening so I was still able to carry out my duties as a mother and do housework in the afternoon and Saturday. Willingly the same me both in the kingdom and family after getting married thank God alright .. guns are no problem.* " (T, Working, 43 years old) .

Based on the above interview, it is suspected that Mrs. T (43) is a happy wife, this can be seen from her statement that reflects several aspects which indicate that she is a happy wife, including being able to carry out both roles well, fully involved and having good relations with people around him.

Likewise with Mrs. AN (25) who felt that he carried out his two roles with all his heart because it all sourced from within him.

> "*I am happy to do it, because it is my own will. So anything that feels difficult can be resolved because everything starts from my desire. I prefer to be a working housewife, because I like to occupy myself with work. Even though it's not easy to do it, but I can still do both because there is support from my husband . In my opinion, the most important thing is that we are open and talk about anything with my husband, so we can get a solution together.* " (AN, Working, 25 years old)

However, this is the case with Mrs. U (34) who said that she felt less than optimal in carrying out her role as care giver for her child. And he also works more because of economic demands, not because of his own desires.

> "*I work because I want to have a personal income to save and buy cosmetics rich needs. Because if you rely on your husband's salary just enough to eat everyday, boro-boro to buy clothes. I myself want to stop working and take care of my child, because if working really drains my energy, mind and time. My son also once asked me to stop working, so I became a kind of guilty feeling because there was rarely time for children.* " (U, Working, 43 years old).

From the results of interview over alleged mother U (34) is the wife who is not happy , It can be seen from the story of young u saying that he often felt sad for not being able to perform its role as a mother with optimal and also felt the work was too much time, thought and also energy so that sometimes it forced him to carry out his work. Meanwhile, according to Seligman (2002) one of the characteristics of a happy person is to have full involvement in their daily lives.

Based on the description above it is known that there are working wives who feel happiness and some are not happy. In creating the happiness of a married couple, communication becomes a very important aspect. Communication skills can be realized in the accuracy of choosing words and intimacy when disclosing information to your partner. This relates to the ability to express themselves (Lestari, 2012) One of the factors thought to be related to the happiness of working wives is Self disclosure . H al is in line with previous studies conducted by Ward (2012) , entitled Self-disclosure and wife in marital satisfaction at the early age of marriage who said sump w a subject that has Self disclosure is high tend to feel marital satisfaction is also high . Similarly with research Antill & Cotton (1987) , entitled Self-

disclosure between husbands and wives: Its relationship to sex roles and marital happiness, which found that happiness of marriage positively correlated with all aspects of the disclosure itself . Likewise, a study conducted Kim (2014) which examined the self-disclosure through Korean social networking (SNS), the result also showed that self-disclosure led to the welfare subjective . Even though this research is not specifically discussing happiness, but well being itself also refers to happiness, even the term happiness is often used interchangeably with well being (Diener & Ryan, 2008) .

According to Devito (2011) Self disclosure is defined as a type of communication where a person reveals information about oneself that is usually hidden, or information that is usually not known by others. The information can be in the form of ideas and thoughts, dreams and hopes, as well as positive and negative feelings (Lestari, 2012) . With the ability to open up, a person will get a new perspective about himself, increase opportunities to establish more meaningful relationships and can increase the ability to cope with difficult situations and feelings of guilt.

Thus, the working wife who has a s elf disclosure is high is expected to be able to tell openly about ideas and thoughts, dreams and expectations of work and family, as well as positive and negative feelings she was feeling, enabling him to eliminate feelings of guilt and also more able facing difficulties so that makes his wife happier. Conversely working wives who have low self-disclosure will find it difficult to tell openly about their thoughts, feelings and behavior to others, thus making it difficult to cope with difficult situations and also feelings of guilt so as to reduce happiness in him.

This is the background of researchers to examine the relationship between self disclosure with happiness in working wives. The purpose of this study is the relationship between Self disclosure and happiness in working wives. And the hypothesis of this study is that there is a positive relationship between Self Disclosure with happiness in working wives.

Research methods

This study uses quantitative research methods that are non-experimental, collecting data using research instruments, statistical data analysis with the aim to test the hypotheses that have been set (Sugiyono, 2016) . This type of research used in this study is correlational research, where this study aims to find whether there is a relationship between one variable with another variable. In this study, researchers wanted to see the relationship between self-disclosure (self disclosure) with happiness in working wives. The sample used in this study amounted to 100 working wives. The sampling technique used in this study is non- probability sampling . With this type of purposive sampling is a sampling technique whose characteristics have been determined and known beforehand as for the characteristics of this study are:

    a. Married woman
    b. Work
  c. Minimal education
      SMA / equivalent

The data collection technique used in this study was a questionnaire , which was designed based on the Likert Scale Model , in which to give a score on the answers from the Likert scale were weighted or equated with quantitative values in the order: 1,2,3 and 4 for Favorable and 4 answers , 3, 2 and 1 for unfavorable answers . Each statement in the questionnaire has four answer choices in the form of STS (Very Not Suitable), TS (Not Suitable), S (Suitable), and SS (Very Suitable)

The self-disclosure measuring instrument used was created using self-disclosure theory (Wheeless, 1976) . There are 34 valid items, each statement in the questionnaire has four answer choices, namely STS (Very Inappropriate), TS (Not In Accordance), S (In Accordance), and SS (Very In Accordance). Measuring instruments in this study have a reliability value of 0.909.

The measuring instrument used is made using the theory of happiness Seligman (2002) There are 36 valid items, each statement in the questionnaire has four choices of answers, namely STS (Very Unsuitable), TS (Unsuitable), S (Appropriate), and SS (Very appropriate). Measuring instruments in this study have a reliability value of 0.914.

Results and Discussion
Description of Research Respondents

Table 1
Age of Respondents

Age	Frequency	Percentage e
Early	74	74 %

adulthood Intermediate Adult	26	26 %
Total	100	100

Based on table 1, most respondents are early adulthood, ranging from 18-40 years old, as much as 74% and the rest are middle adulthood, with ages ranging from 41-60 years as much as 26%.

Table 2
Overview of Respondent Education

Education	Frequency	Percentage
High school	37	37 %
D3	12	12 %
S1	44	44 %
S2	6	6 %
Others	1	1 %
Total	100	100

Based on table 2, the level of education ever taken by respondents in this study is that the most are S1 graduates, namely by 44%, then high school graduates / equivalent by 37%, D3 graduates by 12%, S2 graduates by 6% and types of education the other is 1%.

Table 3
A description of people who are often asked to tell stories

People who are often invited to tell stories	Frequency	Percentage (%)
Husband	62	62%
Parents	7	7%
Close friends / best friends	15	15%
Brother (sister / brother)	11	11%
Others	5	5%
Total	100	100%

Based on table 3, it is recommended that other people are often invited to tell stories by the respondent , or refer to the place where the respondent made the disclosure, in this study , the most is to da husband, as much as 62%, then close friends / friends as much as 15%, siblings (younger siblings / brothers) as much as 11%, parents as much as 7% and the last is 5%.

Table 4
Correlational Test Results

Score		
	Self disclosure	Happiness

Pearson Correlation	.386	.386
Sig. (2-tailed)	0 , 000	0 , 000
N	100	100

Based on data from table 4 , the sig value is known . equal to 0.00 which means there is a significant relationship between the variables of self disclosure with the variable happiness. Correlation value obtained is 0.386 which means that there is a positive correlation between the variables of self disclosure with the variable happiness.

Table 5
Happiness Categorization Results

Categorization	amount	Percentage
Happy ($X \geq 114.81$)	52	52%
Not happy ($X < 114.81$)	48	48%

Based on the data from table 5, the results of categorization of happy respondents are more happy respondents, which is 52% than the unhappy categorization that is 48%.

Table 6
Self disclosure categorization

Categorization	amount	Percentage
Height $X \geq 90.69$	45	52%
Low $X < 90.69$	55	48%

Based on data from table 6, it is known that the self-disclosure categorization is lower than 55% compared to the high 45%.

Table 7
Picture of happiness in terms of age

Age	Happiness		
	Not happy (%)	Happy (%)	Total (%)
Early adulthood	38 (51%)	36 (49%)	74 (100%)
Intermediate Adult	10 (38%)	16 (62%)	26 (100%)
Total	48	52	100
Approx. Sig.Ordinal by Ordinal Gamma			0.252

Based on data from table 7 , more respondents with early adulthood were 38 people (51%) compared to happy adult respondents, which numbered 36 people (49%). While middle aged respondents were more happy, amounting to 16 people (62%) than those who were unhappy namely 10 people (38%).

Based on the results of the cross tabulation obtained Approx sig. (ρ) of 0.252 (ρ > 0.05) which means that age has no relationship with the happiness variable.

Table 8
Overview Happiness in terms of education

	Happiness		Total
	Not happy	Happy	
High school	20 (54%)	17 (46%)	37 (100%)
D3	4 (33%)	8 (67%)	12 (100%)
S1	19 (43%)	25 (57%)	44 (100%)
S2	4 (66%)	2 (44%)	6 (100%)
Others	1 (100%)	0 (0%)	1 (100%)
Total	48	52	100
Approx. Gamma	Sig.Ordinal by Ordinal		.851

Based on the data in table 8 it can be seen that more respondents who have a high school education are unhappy, totaling 20 people (54%) compared to those who are happy, namely 17 people (46%). Respondents with education level D3 who were happy numbered 8 people (67%) while those who were unhappy numbered 4 people (33%), which means that respondents who had a D3 education level were more happy than unhappy ones. Respondents who have an undergraduate degree are more happy, 25 people (57%) than unhappy, which is 19 people (43%). Respondents who have masters level of education are more happy, namely 4 people (66%) than those who are happy, which is 2 people (44%). And the rest have other education totaling one person (1%) who falls into the unhappy category .

Based on the cross tabulation, the Approx sig is obtained. (ρ) of 0.851 (ρ > 0.05) which means education has no relationship with happiness .

Discussion

Based on the results of statistical tests with the correlational method obtained sig. equal to 0.00 (ρ <0.05) which means that the hypothesis is accepted. The value of r obtained is 0.386 which means that there is a significant correlation between the variables of self disclosure and the happiness variable. This is in line with research Antill & Cotton, (1987) , entitled Self-disclosure between husbands and wives: Its relationship to sex roles and marital happiness, which found that happiness of marriage positively correlated with all aspects of the disclosure itself . Likewise, a study conducted by Kim (2014) which examined the self-disclosure through Korean social networking (SNS), the result also showed that self-disclosure led to the welfare subjective . Although this research is not specifically discussing happiness, but well being itself also refers to happiness, even the term happiness is often used interchangeably with well being Diener (2014) .

Wives who are able to express themselves tend to be happier than wives who do not express themselves. Happiness itself is important for every individual, including a working wife. Because wives who work and carry out roles as housewives are not easy, and can lead to various demands for conflicting roles (Azeez, 2013) . These conflicting roles can become a burden in themselves and make the wife work unhappy. By expressing themselves, individuals will be better able to express or express everything that exists in themselves. In this case, the wife will be better able to express the problems or burdens that stem from the demands of the role she is living both from the role as a

housewife and from the role in the world of work so that she can perform happier. According to Devito (2011) some of the benefits gained from self-disclosure are the first they will be better able to overcome the difficulties encountered. Because by expressing themselves, they will indirectly get input, suggestions or criticism of the problems they are experiencing so as to make them better able to get solutions to the problems they experience. Second, individuals who conduct self-disclosure will be better able to release the burden within themselves. When storing a burden within, the individual needs more energy, which in the end, the individual will feel tired. By expressing oneself, a working wife will be free from feeling burdened by keeping the burden alone. So that working wives who feel they have problems in themselves will then feel more relieved and relaxed in facing life so that they become happier. Based on the results obtained about the description of respondents it is known that the respondents most often disclose themselves to their husbands. This is because individuals will be more open to people who are liked or loved, and we will not open ourselves to people who are not liked (Derlega in Devito, 2011) . This is not surprising, because the people we like (and perhaps like us) will be supportive and positive .

Based on data on respondents' description of happiness, it is known that the number of happy working wives is 52 people and unhappy working wives is 48 people. This means more happy working wives than working unhappy wives. Working according to Seligman (2002) is one of the inner strengths that can create abundant happiness and satisfaction. Working for women is an opportunity to be able to actualize themselves. By working, it allows a woman to express herself in creative and productive ways to produce something that brings pride to herself, especially if her achievements get positive appreciation and feedback. Through work, women try to find meaning and identity, from the achievement will then bring self-confidence and happiness (Rini in Kurniingtyas, 2009) . This means that work can be a source of happiness for women, in this case including for wives who work, so wives who work can be happier compared to wives who do not work. This is in line with research conducted by Saravi et al (2012) where the condition of a working wife can provide several benefits for marriage, which can prevent the wife from being stressed and frustrated. So that they will be healthier physically because it is considered a better function of emotionality, vitality and mental health than the wife who only takes care of the household.

Based on the results of the cross tabulation conducted on the respondents of this study, the value of approx sig was obtained. of 0.252 (> 0.05) which means there is no relationship between happiness and age. This is consistent with what is said by Ryff (in Fadilah 2018) states that age does not affect the well being someone because of well-being itself has properties subjective which depends on the appreciation faced in life without being influenced by things that are outside a person. Although no relationship was found between age and happiness in working wives, it was found that working wives with middle adulthood were more happy than unhappy wives. This is consistent with what Seligman (2002) said that life satisfaction will increase with age. Feelings reach a peak and sink into despair in an individual's life diminishes with age and experience. Meanwhile, according Ginzberg (in Women, 2012) aged 45-59 years people have set options on the career field so that they stay keeping or maintaining a job or are in the maintenance phase (maintenance). This is what makes working wives in middle adulthood tend to be more happy than unhappy, because at this stage their careers tend to be more stable because they are at the maintenance stage .

In addition, a picture of the relationship between education and happiness based on the results of the cross tabulation obtained the value of Approx sig. (ρ) of 0.851 (ρ > 0.05) which means there is no relationship between happiness and education level. This is in line with research Cuñado & de Gracia, (2012) who found that the direct impact of education on happiness does not depend on the level of education (primary, secondary or tertiary). In addition, according to Seligman, education itself has insufficient influence on the level of individual happiness.

Conclusion

Based on the results of research on the relationship between self disclosure with happiness in working wives, it is found that there is a significant and significant positive relationship between self disclosure and happiness in working wives with sig values. equal to 0,00 (ρ <0,05) and the value of r obtained is 0,386. So that the higher the self disclosure , the working wife will be happier. R^2 obtained amounted to 0.1489, which means self-disclosure accounted for 14.9% of happiness on a working wife and the rest of 85.1% by other factors such as sex, money, religion, health, climate race and gender. There are more happy working wives (52%) compared to unhappy (48%). Whereas based on the results of the cross tabulation of happiness variables with supporting data, there is no relationship between age and education level of working wives with happiness of working wives.

However, it was discovered that the wife worked aged middle age and had a history of education d i level D3 and S happier compared with age and level of education were more.

For further research is expected to conduct research using other variables related to happiness, and involving other subjects, not only limited to working wives. In addition, because in this study there is no relationship between supporting data with happiness, it is also hoped that further research will examine happiness using other factors related to happiness such as gender, health, marriage, and social life.

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