

**STRES PASANGAN REMAJA YANG MENJALANI PERNIKAHAN DINI
DENGAN 2 KALI TAHAP PERNIKAHAN**

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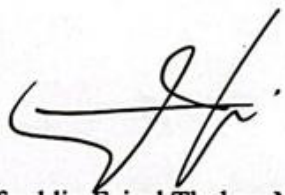
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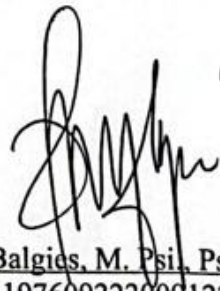
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ABSTRACT

Early marriage remains a prevalent social phenomenon and poses significant psychological risks, particularly for adolescent couples. Adolescents who enter marriage often lack adequate psychological, social, and economic readiness, making them vulnerable to psychological stress due to the sudden demands of marital roles. This study aims to explore psychological stress among adolescent couples who experience early marriage with two stages of marriage, namely religious (siri) marriage and legal marriage. This research employed a qualitative approach using semi-structured in-depth interviews with adolescent couples who married early. Data were analyzed thematically based on Cohen's stress framework, focusing on perceived unpredictability, uncontrollability, and overload. The findings reveal that psychological stress experienced by adolescent couples is multidimensional, recurrent, and persistent. Stress is influenced by developmental immaturity, economic pressure, relational conflicts, the uncertainty of siri marriage status, and limited social support. The coping strategies used by adolescent couples are predominantly emotion-focused coping, while problem-focused coping remains limited. These findings highlight the importance of psychological assistance and the development of adaptive coping skills to support adolescent couples in managing stress related to early marriage.

Keywords: adolescent couples, psychological stress. coping strategies.

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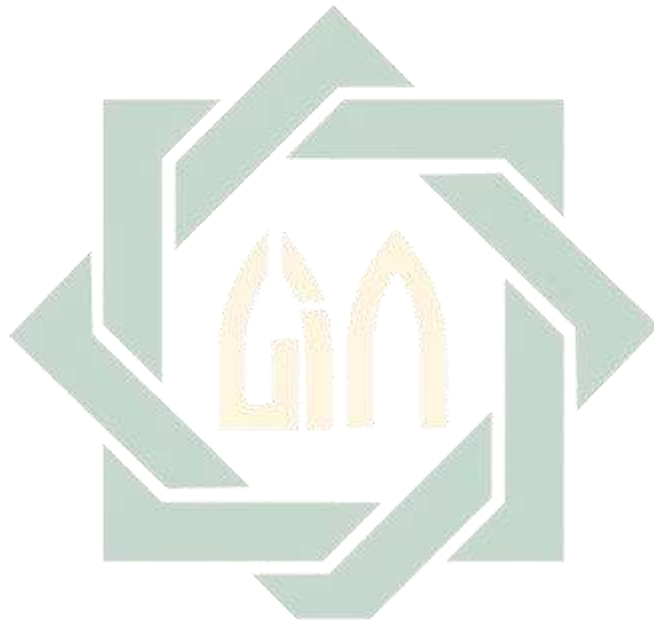
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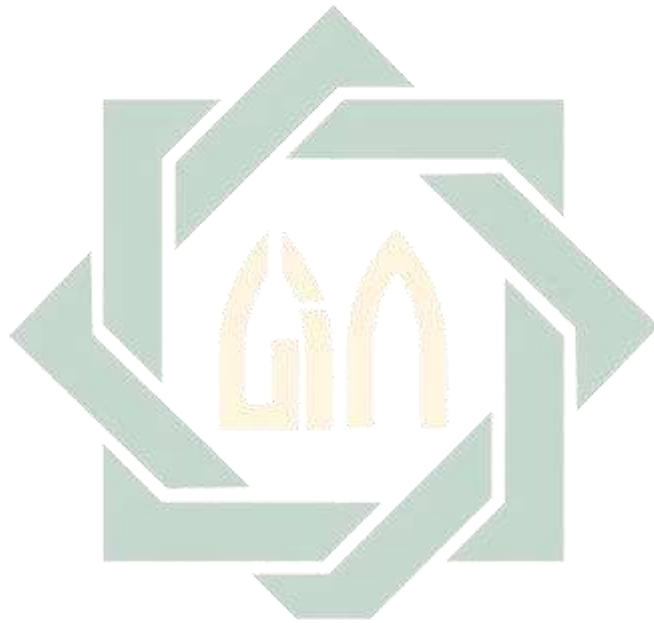
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