Trends and Gaps in Marital Satisfaction Research in Indonesian Psychology: A Systematic Review (2019-2024)

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Abstract
Marital instability often leads to dissatisfaction and may result in divorce. In Indonesia, around 400,000 divorces occur annually, reflecting persistent marital dissatisfaction. This study aims to identify research gaps in the study of marital satisfaction within Indonesian psychology literature from 2019 to 2024. Using a qualitative descriptive method, the study conducted a systematic content analysis of 101 journal articles retrieved via Google Scholar using Publish or Perish 8. Results show a generally increasing trend in research despite a temporary decline in publication numbers. Most studies employed quantitative methods (76.53%), correlational designs (72.37%), and focused on variables such as religiosity (12.36%). The most frequently used instrument was the ENRICH Marital Satisfaction scale (32.61%), with correlation analysis as the dominant statistical method (31.07%). The results of this study highlight prevailing trends in existing research and identify several areas requiring further investigation to enhance understanding of marital satisfaction in Indonesia.
Keywords: marital satisfaction, religiosity, ENRICH Marital Satisfaction Scale, research trends, Indonesia

Abstrak
Ketidakstabilan pernikahan sering kali mengarah pada ketidakpuasan dan dapat berujung pada perceraian. Di Indonesia, sekitar 400.000 kasus perceraian terjadi setiap tahunnya, mencerminkan ketidakpuasan pernikahan yang terus berlanjut. Penelitian ini bertujuan untuk mengidentifikasi kesenjangan studi tentang kepuasan pernikahan dalam literatur psikologi Indonesia dari tahun 2019 hingga 2024. Penelitian menggunakan metode deskriptif kualitatif dengan analisis konten sistematis terhadap 101 artikel jurnal yang diperoleh melalui Google Scholar menggunakan aplikasi Publish or Perish 8. Hasil penelitian menunjukkan secara umum terdapat tren peningkatan jumlah penelitian meskipun ada penurunan sementara dalam jumlah publikasi. Mayoritas penelitian menggunakan metode kuantitatif (76,53%), desain korelasional (72,37%), dan berfokus pada variabel seperti religiusitas (12,36%). Instrumen paling sering digunakan adalah ENRICH Marital Satisfaction scale (32,61%), dengan analisis korelasi sebagai metode statistik yang dominan (31,07%). Hasil penelitian ini menyoroti tren yang berkembang dalam penelitian yang ada dan mengidentifikasi beberapa area yang perlu diteliti lebih lanjut guna meningkatkan pemahaman tentang kepuasan pernikahan di Indonesia.
Kata kunci: kepuasan pernikahan, religiusitas, skala kepuasan pernikahan ENRICH, tren penelitian, Indonesia.

INTRODUCTION

Marital satisfaction is an important aspect that influences individuals' mental health and psychological well-being, providing benefits not only for husbands and wives but also for their children (Ariana & Pertiwi, 2024; Perwitasari., Wulandari, 2023; Widodo, 2021). This is further emphasized by Nourani et al. (2019) those who state that a satisfying marriage can serve as an indicator of positive family functioning and plays a crucial role in facilitating effective parenting. Marital satisfaction also enables individuals to adapt more easily, thereby enhancing self-esteem and consistency in social relationships. Individuals who are able to adapt and maintain a stable marriage tend to live longer, have better physical health, report higher levels of happiness, and experience fewer psychological problems (Nourani et al., 2019; DeGroot & Vik, 2020; Widodo, 2021; Alwi & Fakhri, 2022).

From the sociocultural context of Indonesia, marital satisfaction is shaped not only by the interpersonal dynamics between husband and wife, but also by external factors such as the influence of the extended family (Rosa & Ningsih, 2023), demographic characteristics (Nyfhodora & Soetjiningsih, 2021; Afriza, 2022; Supraba, 2022), religious values (Kurnia et al., 2021; Chrys & Soetjiningsih, 2022; Hafid & Prihatini, 2023; Ratna Sari, 2023), patriarchal culture, and gender norms (Permata Jati & Hartanti, 2020; Widyasari & Suyanto, 2023). As a collectivist society, Indonesian families often involve parents/in-laws, siblings, or extended relatives in household decision-making. While this can serve as a source of support, it may also become a burden that disrupts marital harmony (Putri & Hermaleni, 2019). Another key aspect is religion, which continues to play a significant role in shaping future marital expectations and conflict resolution strategies, emphasizing the sanctity of marriage and viewing divorce as a last resort (Chrys & Soetjiningsih, 2022; Tanggono & Aprilia, 2024). Furthermore, patriarchal expectations in which men are regarded as breadwinners and women as caregivers can lead to power imbalances that affect communication and overall marital satisfaction (Pratisiya et al., 2023; Widyasari & Suyanto, 2023).

Jansen et.al (2016); Laidlaw et.al (2023); and Sun et al. (2017) emphasize that marital satisfaction is understood as an individual's subjective evaluation either positive or negative of their marriage. Therefore, marital satisfaction is closely related to how and to what extent each partner's needs are fulfilled within the marriage relationship (Ahmadi & Hossein-abadi, 2009; Spanier & Lewis, 1980). A satisfying marital relationship can provide a sense of security, emotional support, and companionship, all of which contribute to positive physical and mental health outcomes (Kasapoğlu & Yabanigül, 2018; Kousha et al., 2020).

A study conducted in Iran concluded that higher levels of marital satisfaction can increase life expectancy, reduce the risk of depression and mental disorders, and improve overall quality of life (Hosseini et al., 2019; Nourizadeh et al., 2023). Conversely, dissatisfaction within marriage can lead to negative emotional states such as depression, stress, worry, disappointment, anxiety, thoughts of divorce, and mental health problems, including suicidal tendencies (Fauzia et al., 2023; Prihadi et al., 2020; Ariana & Pertiwi, 2024). Asak and Wilani (2019) further, marital dissatisfaction can result in instability within the spousal relationship, eventually leading to divorce.

Statistical data from the Indonesian Central Bureau of Statistics (BPS) reports that there are more than 400,000 divorce cases annually in Indonesia (BPS, 2024). The most common cause of divorce is continuous conflict (42.51%), followed by economic

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problems (36.67%), abandonment by one partner (14.38%), and domestic violence (1.66%). These data highlight that many couples experience marital dissatisfaction, leading to separation.

By definition, marital satisfaction is a subjective evaluation by individuals within the institution of marriage regarding the quality or standard of their marital relationship (Chantika & Sutanto, 2024). Marital satisfaction also refers to the peak of happiness experienced by married couples within their relationship (Reski Amelia et al., 2023; Veronika & Afdal, 2021). According to Omani-Samani, et.al (2018), marital satisfaction is reflected in how happy an individual feels in their relationship. Fowers and Olson (1993) further explain that marital satisfaction is a subjective evaluation by spouses of their marital life, based on pleasant experiences such as feelings of contentment and happiness, as well as shared enjoyable activities with their partner.

Another perspective Bradbury et.al (2000) describes marital satisfaction as an attitude individuals hold toward their marriage. According to Ahmadi and Hossein-abadi (2009) and Lavner and Bradbury (2010), marital satisfaction is a state of restored balance resulting from the fulfillment of psychological needs such as love, comfort, and intimacy, as well as physiological needs such as sexuality and attention by one's partner.

In short, marital satisfaction is a form of psychological satisfaction that is highly subjective and depends on each partner's perceptions within the institution of marriage. Individual factors include affectional style, perceived sexual satisfaction, partner's attitudes, self-expression, and communication style. Environmental factors are related to the dynamics of power within the relationship, the partner's openness in sharing problems, employment status and income, as well as the degree of equality in household decision-making.

A number of empirical studies on marital satisfaction have been conducted across various fields. However, there is still a lack of research that specifically maps or analyzes research trends within particular journals, such as those in the field of psychology. Yet, such mapping is crucial for identifying specific emerging issues and uncovering research gaps in psychology journals regarding marital satisfaction. Therefore, this literature review aims to fill this gap by providing a comprehensive, contextually informed overview of current research trends.

This study differs from previous literature reviews in that it aims to gather information on studies that have examined marital satisfaction in Indonesia over the past five years. Specifically, this study seeks to answer the following questions: 1) What are the research trends on marital satisfaction in the field of psychology over the past five years? 2) What research approaches are most frequently used in marital satisfaction studies? 3) What research designs are most commonly employed in marital satisfaction research? 4) What variables are most frequently selected in marital satisfaction studies? 5) What instruments are used to measure marital satisfaction? 6) What data analysis techniques are applied? 7) Who are the research subjects in marital satisfaction studies?

METHOD

This research conducts a comprehensive examination of publications from 2019 to 2024 indexed in Google Scholar that include the keyword "marital satisfaction." The objective is to map scholarly works that prioritize marital satisfaction as the central theme by assessing various aspects, including publication trends, methodological approaches,

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research designs, key variables, measurement tools, data analysis methods, and participant characteristics, thereby forming the basis for the subsequent analysis.

A systematic literature review grounded in content analysis is utilized to explore the selected studies. This approach enables the researchers to systematically collect, assess, synthesize, and interpret findings from relevant literature, providing a structured overview of the existing knowledge landscape on marital satisfaction.

The research data were collected using the PoP application on March 13, 2025. Prior to data collection, the researchers established inclusion and exclusion criteria to assess alignment with the research focus. The inclusion criteria were: 1) Articles published in national psychology journals; 2) Marital satisfaction as the primary focus of the study; 3) Articles written in Indonesian or English by Indonesian researchers; 4) Articles indexed in Google Scholar; and 5) Articles published between 2019 and 2024. The exclusion criteria were: 1) Articles published outside of psychology journals; 2) Articles authored by non-Indonesian researchers; 3) Articles not indexed in Google Scholar; 4) Articles published before 2019 or after 2024; and 5) Articles where marital satisfaction was not the main focus.

After defining the inclusion and exclusion criteria, the authors filtered articles using the PoP search engine. The process involved downloading the PoP application from its official website, entering the search keywords "marital satisfaction" and "psychology," and limiting the search to publications between 2019 and 2024. Through this process, 101 articles that met the inclusion criteria were identified. Of these, 99 were in Indonesian and 2 were in English. All articles were published online in various psychology journals and focused on marital satisfaction. However, three articles were inaccessible, leaving 98 articles for analysis in this study.

The selected articles were then analyzed using a categorization framework developed to observe related aspects. Seven main aspects were identified for observation and analysis (Table 1). These aspects include: 1) Number of articles per year; 2) Research approach; 3) Research design; 4) Variables used; 5) Research subjects; 6) Instruments used to measure marital satisfaction; and 7) Data analysis techniques. To ensure the validity and reliability of the content analysis process, the categorization framework was adapted from previous studies (auzi & Pradipta, 2018; Bahruni & Fathurrahmad, 2020; FSusetyarini & Fauzi, 2020; Widodo, 2021b). In determining categorization, aside from publication year, each article's abstract was carefully examined and categorized based on the observed aspects. Furthermore, each researcher conducted the article coding separately. Any discrepancies in coding were resolved through joint discussions until consensus was achieved.

The researchers made the following decisions regarding the aspects included in the categorization framework: First, the number of studies was analyzed based on publication year, specifically from 2019 to 2024, excluding 2025, as data up to March 2025 were considered insufficient. Second, the research approach was divided into five major categories: qualitative, quantitative, mixed methods, literature/meta-analysis, and others/unknown. Third, the research design was further detailed for both qualitative and quantitative approaches. Qualitative approaches included case study, ethnography, phenomenological study, and content analysis. In contrast, quantitative approaches were divided into seven types: correlational, comparative, causal, descriptive, explanatory research, and true, quasi-, and pre-experimental designs (Syahrizal & Jailani, 2023). Fourth, research variables were formulated after analyzing the 98 articles, yielding 34

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additional variables in addition to the main variable of marital satisfaction, as no initial list was used. Fifth, regarding research instruments, various marital satisfaction measurement scales mentioned in the articles were used for categorization. More than ten instruments were identified, but if the scale name or theoretical basis was not mentioned, they were categorized as general scales. Sixth, data analysis techniques were categorized into seven groups: regression analysis, correlation analysis, statistical tests, phenomenological analysis (IPA), Miles & Huberman analysis, coding-interview-triangulation, and descriptive analysis. Seventh, research subjects were analyzed based on four parameters: age of subjects, duration of marriage, special conditions of subjects, and occupation, to facilitate data analysis on marital satisfaction research trends. A detailed description of these aspects is provided in Table 1 below.

Table 1.
Aspects and Categories Used for Content Analysis in the Study

Aspect	Category	
Number of Studies	1. Year 2019	
	2. Year 2020	
	3. Year 2021	
	4. Year 2022	
	5. Year 2023	
	6. Year 2024	
Research Approach	A-Qualitative	
	B-Quantitative	
	C-Mix Method	
	D- Literature/Meta-Analysis	
	E-Others & Unknown	
Research Design	A.1-Case Study	B.1- Correlational Research
	A.2-Ethnography	B.2- Comparative Research
	A.3Phenomenological Study	B.3- Causalitas Research
	A.4-Content Analysis	B.4- Deskriptif Research
		B.5- Explanatif Research
		B.5- True Experimental Designs
		B.6- Quasi-Experimental Designs
		B.7- Pra-Experimental Designs
Research variable	1. Marital quality	
	2. Emotional intelligence	
	3. Gratitude	
	4. Forgiveness	
	5. Work-family conflict	
	6. Attachment style	
	7. Kinship system	
	8. Assertiveness	
	9. Religiosity	
	10. Social intelegence	
	11. Hobby	
	12. Attitude toward marriage	
	13. Communication	

Aspect	Category
	14. Conflict resolution
	15. Polygamy
	16. Marital expectations
	17. Dyadic coping
	18. Father involvement Self-disclosure
	19. Self Disclosure
	20. Demographics: ethnicity, gender, education level, economic
	21. Commuter marriage
	22. Body image
	23. Phubbing behavior
	24. Sense of humor
	25. Marital commitment
	26. Childfree
	27. Parenting stress
	28. Pregnancy distress
	29. Self-expression
	30. Wife's employment status (working or not working)
	31. Infidelity intention
	32. Trust
	33. Perceived equality in division of household responsibilities
	34. Subjective well-being
Data collection instrument	1. ENRICH Marital Satisfaction (EMS)
	2. General marital satisfaction scale
	3. In-depth interview
	4. Interview with questionnaire
	5. Relationship Assessment Scale (RAS)
	6. Couple Satisfaction Index (CSI)
	7. The Dyadic Adjustment Scale (DAS)
	8. Kansas Marital Satisfaction Scale
	9. Quality Marital Indeks
	10. The Triangular Love Scale
	11. Marital Expectation Scale
Data Analysis	1. Regression Analisys
	2. Correlation Analisys
	3. Statistical test
	4. Phenomenological analysis (IPA)
	5. Miles & Huberman analysis
	6. Coding, interviews, triangulation
	7. Descriptive Analysis
Research Subject	1. Subject's Age
	2. Subject's Length of Marriage
	3. Subject's Specific Conditions
	4. Subject's Occupation

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The data processing and presentation techniques in this study used Subject Analysis to describe, elaborate, compare, and explain the findings, assisted by Microsoft Excel. Each researcher initially reviewed the abstract of each article; if the required category or aspect was not identified within the abstract, the method and results sections were then examined. Subsequently, the data processing involved inputting each research aspect into the predetermined categories. Bar charts were then created based on the collected data to facilitate analysis and discussion

RESULT AND DISCUSSION
Number of Publications

Referring to the graph shown in graph 1, articles reviewing marital satisfaction reached their highest frequency in 2022 when compared to the overall total of research articles (30.69%). Although there was a decrease in 2023 (16.8%), it was still higher than in 2019, 2020, and 2021. The research trend on marital satisfaction is predicted to continue increasing, as depicted in graph 1 below. The number of publications in 2022 was strongly suspected to be influenced by external factors, particularly the ongoing impact of the COVID-19 pandemic. Sloane & Zimmerman (2020)In their article titled ″The Impact of the COVID-19 Pandemic on Scientific Publishing,″ they explained that during the pandemic, the time from data collection to publication became significantly shorter, especially for articles related to COVID-19. Peer review processes were often expedited, and it became common practice to provide pre-publication versions online prior to final editing and author approval. The movement towards increased open-access publishing also accelerated, leading to a sharp rise in the volume of scientific publications. In 2023, as the pandemic subsided, research publication rates began to decline in line with the reimplementation of stricter standards in ethical and scientific review processes. Nevertheless, based on the trend illustrated in graph 1, it can be predicted that interest in research on marital satisfaction will continue to grow.

Graph 1.
Graph of the Increasing Trend in the Number of Marital Satisfaction Research
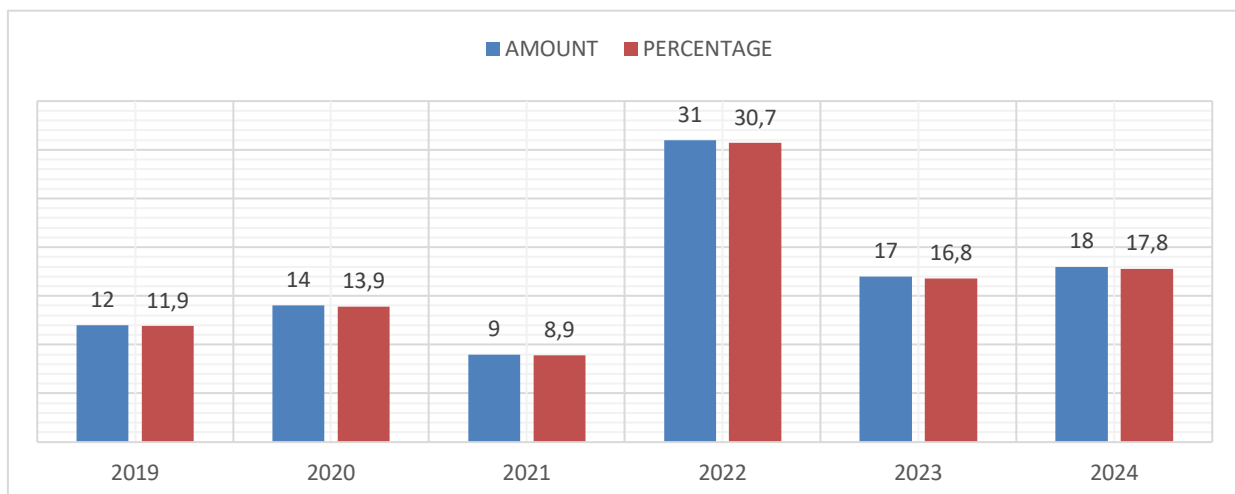
A significant portion of research on marital satisfaction originates from the high divorce rate in Indonesia. Although the divorce rate in Indonesia decreased by 10% in 2024, it remains around 400,000 cases annually (BPS, 2024). According to BPS data, the most frequent cause of divorce is disputes and arguments, reaching 61.67%. Therefore,

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research on marital satisfaction is expected to be an effective way to address the considerably high divorce rate. Through marital satisfaction research, researchers can identify factors that contribute to more satisfied, happy, and prosperous households, while also examining the causes of dissatisfaction among couples in marriage.

It is hoped that the more research conducted on marital satisfaction, the greater its influence will be on reducing the divorce rate in Indonesia. This assumption holds that the ultimate goal of research is to serve as an academically accountable source of information. The findings of this research can provide a basis for decision-making in creating family resilience programs, serve as enrichment material for pre-marital counseling, and serve as a reference for positive psychology interventions.

Research Approach and Design

Determining the research approach and design is crucial for establishing the study's focus. A research design functions as a roadmap that guides the researcher through each step of the research process. Based on graph 2, it is evident that the quantitative approach is the most commonly employed by researchers studying marital satisfaction (76.53%) compared to other methods. The least utilized approach is the mixed-methods approach, which combines both quantitative and qualitative methods, accounting for only 2.04%.

Graph 2.
Graph of the Distribution of Marital Satisfaction Research Based on the Research Approach
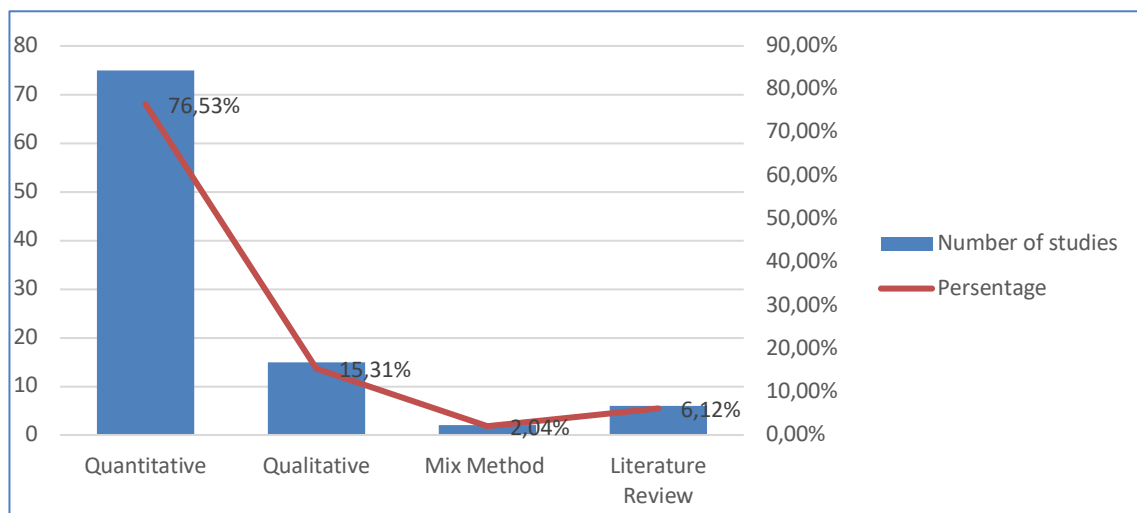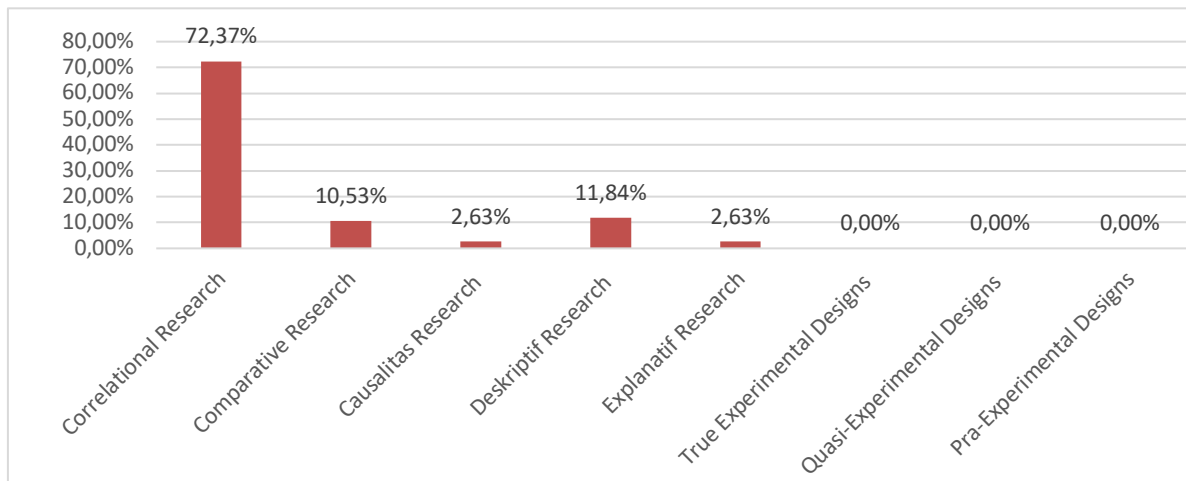

Trends in Marital Satisfaction Research in Indonesia

As shown in graph 2, the trend of marital satisfaction research in Indonesia predominantly follows a quantitative approach. The high number of studies employing a quantitative approach, alongside the relatively limited use of mixed-methods and qualitative approaches, presents an opportunity for future research to contribute novelty to the field of marital satisfaction studies.

To provide a more comprehensive overview of the various quantitative research designs employed in marital satisfaction studies in Indonesia, graph 3 below offers a detailed illustration.

Graph 3.
Graph of the Distribution of Quantitative Research Designs

In addition to the research approach, this study also aims to explore the distribution of quantitative research designs most selected by researchers in the field of marital satisfaction in Indonesia. Based on graph 3, it is evident that correlational quantitative research is the most frequently used design in studies on marital satisfaction, with more than half of the research employing this design (72.37%). On the other hand, experimental designs such as true experimental, quasi-experimental, and pre-experimental were not found in any of the reviewed publications on marital satisfaction research. The author assumes that the absence of experimental designs may be due to the sensitive and highly personal nature of the topic. Many couples may be reluctant to participate in experimental studies that involve manipulation of variables within their relationship. Such manipulation may affect participants psychologically and emotionally and could potentially harm the marital relationship.

Research Variables

Marital satisfaction studies conducted between 2019 and 2024 employed a wide range of research variables, including independent, dependent, and moderator and mediator variables. A total of 34 different variables were identified across the 98 analyzed articles. The diversity of variables is illustrated in graph 4. The variable of marital satisfaction itself was not included in the calculation, as it was present in nearly all of the articles.

Based on the graph, the most frequently studied variable in marital satisfaction research is religiosity (12.36%). This finding is consistent with (Widodo, 2021), who conducted a literature review on marital satisfaction studies between 2011 and 2020. The prominence of religiosity as a frequently mentioned variable in marital satisfaction research reflects its significance in Indonesia as a fundamental source of values and morality for married couples. The theme of religiosity becomes particularly interesting when linked to marital satisfaction, as this relationship tends to be positive empirically. In other words, the higher an individual's level of religiosity, the greater their marital satisfaction, and conversely, lower levels of religiosity are associated with lower levels of marital satisfaction (Ahuluheluw, 2019; Kurnia et al., 2021; Chrys & Soetjiningsih, 2022; Hafid & Prihatini, 2023; Ratna Sari, 2023).

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However, studies examining religiosity in the context of early marriages (under 18 years of age) reveal different findings. Tanggono & Aprilia (2024) In their study of 100 married adolescents, they reported that there was no significant relationship between religiosity, marital commitment, and marital satisfaction among early-age married adolescents. Although the study noted that some adolescents engaged in early marriage were motivated by religious reasons, such as the desire to avoid sin (*zina*), parental encouragement, and the wish to prevent social stigma.

The next most frequently examined variables are emotional intelligence (8.99%), followed by work-family conflict, communication, and demographic factors (each at 6.74%). Moderator and mediator variables were also found in the reviewed research on marital satisfaction. According to Widhiarso & Urbayatun (2013), a mediator variable serves as a bridge between the independent and dependent variables, while a moderator variable influences the strength or direction of the relationship between them. One moderator variable was identified as mindfulness, along with five mediator variables: supportive dyadic coping, positive dyadic coping, partner pushing, dyadic perspective, and common dyadic coping.

Graph 4.
Graph of the Distribution of Research Variables on Marital Satisfaction in Indonesia
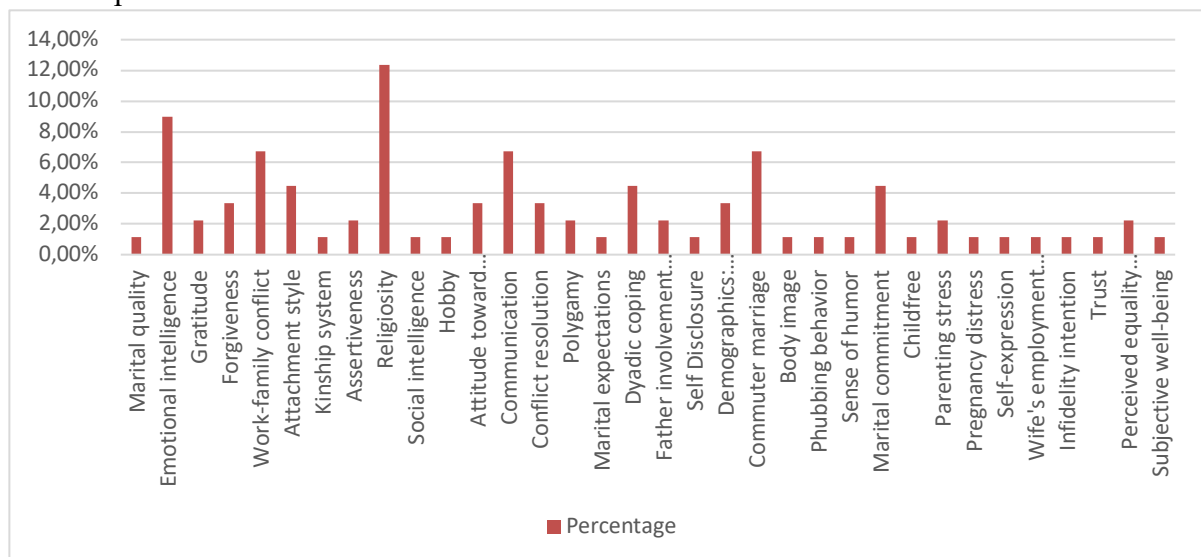
Research Instrument

The success of a research study is closely tied to the validity and reliability of the instruments used (Ardiansyah et al., 2023). Instruments are essential tools for collecting data from research subjects. Regardless of the research approach employed, appropriate instruments are always required to support data collection. In qualitative research, instruments typically include interview guides, observation checklists, documentation study protocols, case study plans, and focus group discussion (FGD) guides. These instruments assist researchers in directing the data collection process and ensuring consistency in the gathered information.

Meanwhile, quantitative research uses instruments such as questionnaires or surveys, structured observation checklists, measurement tools for experimental designs, and survey questionnaires. These instruments are designed to collect numerical data or scores that can be analyzed statistically.

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Marital satisfaction can be measured using a variety of instruments developed by previous researchers based on different theoretical frameworks. Researchers may also develop their own instruments if existing tools do not align with the specific objectives of their study. Existing instruments can be adapted or modified; however, before being used in research, they must undergo expert validation and be tested for reliability and validity to ensure consistency across different samples.
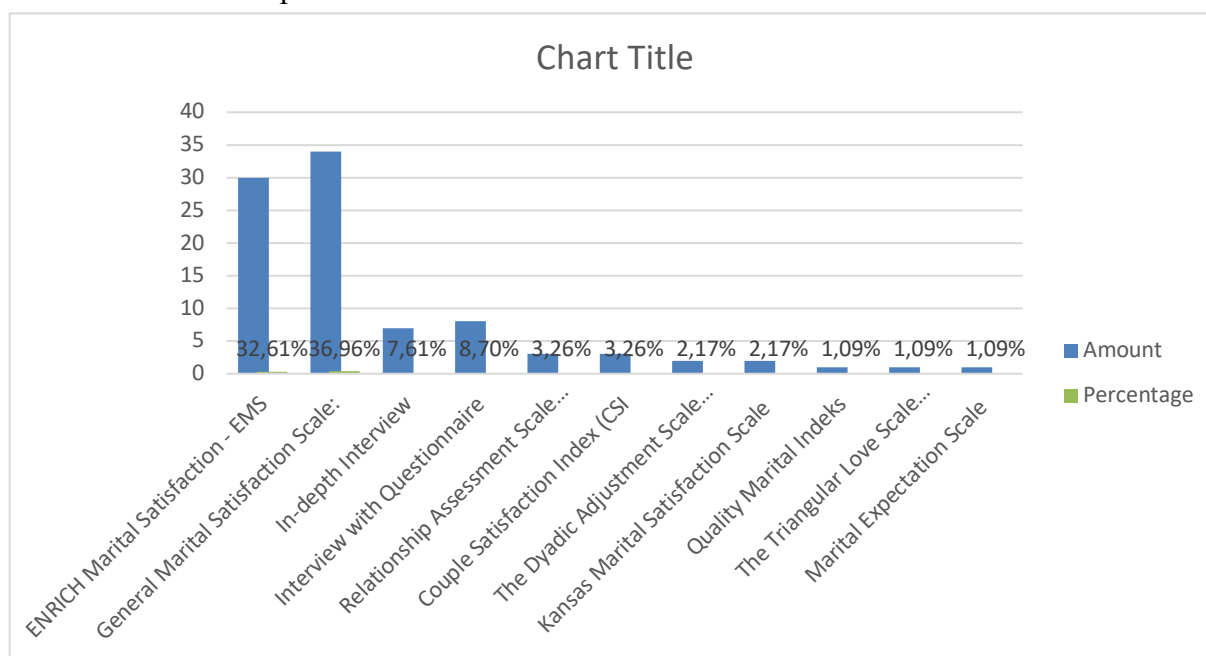
There are numerous measurement tools available for assessing marital satisfaction. The results of the analysis from 98 articles are presented in the graph shown in graph 6. Some articles did not specifically mention the name or source of the instrument used; instead, they referred to it only as a "marital satisfaction scale." Instruments without clearly stated names or sources, or those developed independently by researchers, are categorized as general marital satisfaction scales. A total of 34 instruments (36.96%) fall under this category. The most frequently used specific instrument is the ENRICH Marital Satisfaction (EMS) scale, accounting for 32.61% of usage. The EMS instrument was developed and validated by Fowers and Olson (1993).

The EMS scale is widely used due to its high validity and reliability (Ahuluheluw, 2019; Umaroh & Hapsari, 2022; A & Damariyanti, 2024;) however, this instrument was originally developed within a Western cultural context (Fowers & Olson, 1993). Therefore, when conducting research in Indonesia, researchers must carefully consider the potential for cultural bias. Several items on the EMS scale may not fully align with local norms and cultural values, necessitating that researchers modify or adapt the instrument to fit Indonesian cultural and normative contexts better.

Other scales identified include the Relationship Assessment Scale (3.26%), Couple Satisfaction Index (3.26%), The Dyadic Adjustment Scale (2.17%), Kansas Marital Satisfaction Scale (2.17%), Quality Marital Index (1.09%), The Triangular Love Scale (1.09%), and Marital Expectation Scale (1.09%). In qualitative research approaches, data collection instruments included in-depth interviews (7.61%) and interviews combined with questionnaires (8.70%).

Graph 6
Graph of the Variation of Marital Satisfaction Instrument in

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Data Analysis Method

The accuracy with which a data analysis method is selected significantly affects the validity of a research study. This also applies to studies on marital satisfaction, where careful attention must be paid to whether the data analysis method used aligns with the research objectives.

From an analysis of 98 articles on marital satisfaction, 103 data analysis methods were identified. This discrepancy occurred because some articles employed more than one method of data analysis. To facilitate categorization, the researcher grouped these into seven main categories: 1) Regression analysis; 2) Correlation analysis; 3) Statistical tests; 4) Phenomenological analysis (IPA); 5) Miles & Huberman analysis; 6) Coding, interviews, triangulation; 7) Descriptive analysis. This is presented in graph 7 below :

Graph 7.
Graph of Data Analysis Methods in Marital Satisfaction Research in Indonesia
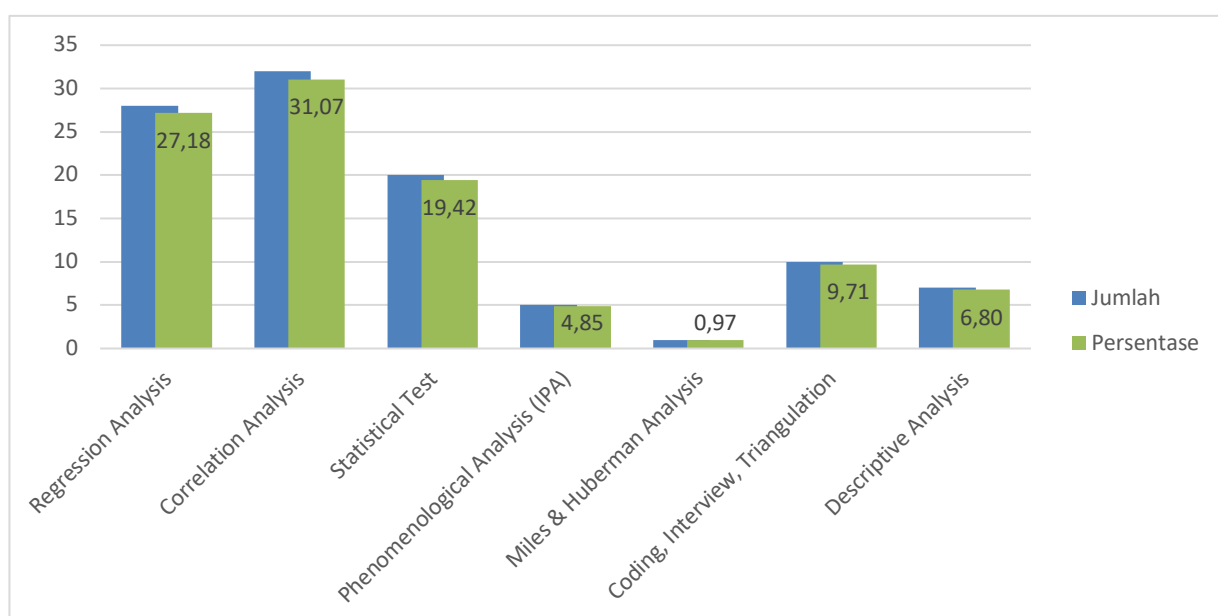
Trends in Data Analysis

As illustrated in graph 7, the trend of data analysis methods in marital satisfaction research indicates that quantitative studies predominantly employ correlation analysis (31.07%). Correlation analysis is used to examine the relationships between two or more variables and to test hypotheses about their strength and direction (Arsyam & M. Yusuf Tahir, 2021).

The next most commonly used method is regression analysis (27.18%). The purpose of regression analysis is to determine the extent to which one or more independent variables influence dependent variables (Nurdin et al., 2018). Another frequently used method, found in 98 reviewed articles, is statistical testing (19.42%). For qualitative research, the most widely used analytical methods are coding and data triangulation (9.71%), followed by Interpretative Phenomenological Analysis (IPA) (4.85%) and the Miles & Huberman model (0.97%). Interestingly, some articles share similar titles, analytical methods, research approaches, and study designs but differ in their research subjects (Kurnia et al., 2021; Permana & Kurnia, 2021).
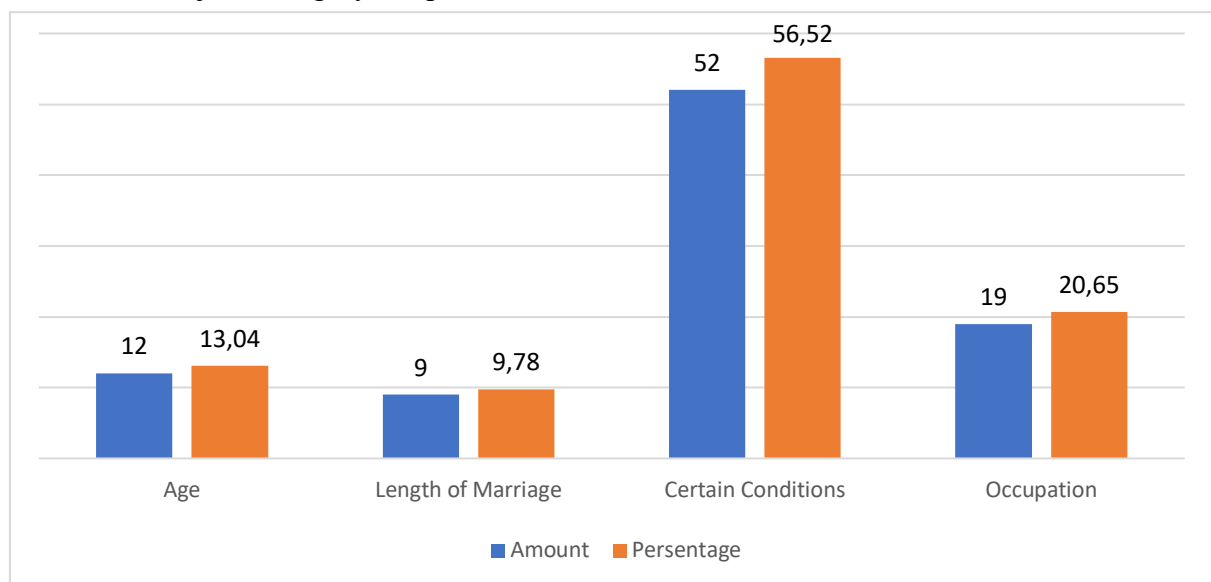
Research Subjects

Every research study requires subjects to test its hypotheses. Similarly, in marital satisfaction studies, a variety of research subjects are employed. To facilitate analysis, the researcher grouped the subjects into four main categories: (1) Based on age; (2) Based on length of marriage; (3) Based on specific conditions; (4) Based on occupation. Subjects are categorized by age if the research specifies age-related criteria, such as early, middle, or late adulthood; adolescence; elderly individuals; or underage participants.

The length-of-marriage category includes studies that require participants to have been married for a minimum number of years, such as 5, 10, and so on. Subjects are categorized based on specific conditions when the study includes criteria such as childless couples, couples with children, one partner having a health condition, intercultural or interfaith marriages, long-distance marriages, domestic violence, marriages due to pregnancy outside wedlock, arranged marriages, or marriages initiated through religious courtship (*ta'aruf*). Lastly, occupational subjects refer to participants who are employed. Examples include dual-earner couples, couples in which only one partner is employed, and studies that explore how working mothers balance career demands with household responsibilities.

Graph 8.
Subject Category Graph of Research on Marital Satisfaction in Indonesia

Based on graph 8 above, it is evident that the "specific conditions" factor dominates the research subjects category in marital satisfaction studies, accounting for more than 50% (56.52%). This is followed by the occupational factor, which ranks second at 20.65%. The length-of-marriage factor appears to be less frequently examined, despite several studies indicating that marital duration has a significant impact on marital satisfaction (Soedarno & Sotjiningsih, 2023; Nurnaningsih et al., 2020).

CONCLUSION

Based on the analysis of research trends on 98 Google Scholar-indexed articles in the field of psychology (2019–2024), it is concluded that the quantitative approach dominates the study of marital satisfaction, with religiosity as the most studied variable

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and the ENRICH Marital Satisfaction (EMS) scale as the most used measurement instrument. The research design is generally correlational, in accordance with the most dominant data analysis techniques, and involves subjects with specific characteristics, such as intercultural couples or those in polygamous marriages. Recommendations for further research include exploring variables that remain underrepresented, such as the division of domestic duties and conflict dynamics with in-laws, as well as the use of alternative instruments and mixed-methods approaches to enrich the findings. The practical implications of this review can serve as a basis for developing a more contextually grounded marriage counseling program, especially by leveraging strong findings on the role of religiosity in shaping society's cultural values. In addition, the results of this analysis can serve as a reference for policymakers in designing family resilience programs that are responsive to contemporary issues, such as the influence of social media and changes in family values after the COVID-19 pandemic.

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