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Psychological Well Being on the Gay Married to the Demand Request

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ABSTRACT

When a gay decides to marry a woman it is better to think about the consequences in the future because marrying a woman for a gay person has an impact on the gay life itself which affects his psychological well being. Psychological well being deals with self-acceptance, positive relationships with others, autonomy, environmental mastery, life purpose, and personal growth. The purpose of this study was to find out how the psychological well-being of gays in heterosexual relationships and what factors influence the psychological well being of gays in heterosexual relationships. This study uses a qualitative approach to find out more about the psychological well-being in gay married at the request of parents by interview and observation on one subject, one significant other. With the characteristics of a gay, 27 years old and has been dating relationship for 2 years. the results of the study found that the subjects did not meet the dimensions of psychological well being in the self-acceptance dimension because the subject is less able to accept his identity as a gay.

Keywords: Psychological well being, Gay, Married, Parent

INTRODUCTION

As social beings, human beings are inseparable from the presence of other individuals and can not be separated from relationships with others that include interactions in the surrounding environment. One is the intimate relationship of the opposite sex or romantic relationship. This relationship can be established because basically most people have a desire to love and be loved by the opposite sex (Nisa & Sedjo, 2010).

In general, sexual orientation is divided into three, including homosexual, ie sexual attraction to same-sex; hetrosexual, that is sexual attraction to the opposite sex and bisexual, that is sexual attraction to same-sex and the opposite sex (Dermantoto, 2010). Homosexuals are divided into two, gays for men who are sexually attracted to fellow men, and lesbians to women who are

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sexually attracted to fellow women (Oltmanns, Martin, Neale, & Davison, 2011).

The opinion of Indonesian people about homosexuals, especially gays is still negative. This is due to the effect of heteronatifivitas prevailing in society that normally men can only love women and vice versa, apart from that it will be considered against nature, abnormal and contrary to religion (Anonymous, 2003). The influence of heteronativity and the negative opinions of people about gay behavior, makes most gays reject the state of himself so realize his sexual orientation is different from most people, generally they will try to stay away from homosexual object. One way that is done is to establish a heterosexual relationship (Diputra, 2011).

Gay people are only interested in the same sex, on the other hand they must be confronted with norms that prohibit homosexual behavior (Diputra, 2011). Like other individuals, a gay also has things that are innately basic like sex drive and things that are learned like norms. And sometimes these basic impulses often run counter to the norms. This is what most gay people experience so that some gays will still choose to connect with women in order to change their sexual orientation (Hasan, 1997).

Some gays who are heterosexual relationships will also affect the psychological well-being of the individual. Due to these consequences and incompatibilities, it creates an inner conflict for the individual to experience. The psychological well-being condition of each individual can be different even in the face of the same situation because psychological well-being is more related to the way the individual perceives the situation faced through the evaluation process.

Another study conducted by Taylor (in Hegna, 2007) on homosexuals states that the process of coming out in gay allows for a negative impact on psychological well being and behavior. The study shows some of the risks that gay men may face such as suicidal ideation, mental health problems and drug abuse. These emerging behavioral issues are seen as the impact of negative cultures in homosexuality.

Kaye (2011) explains that when a gay decides to marry a woman it's better to think about the consequences in the future as marrying a woman to a gay affects the gay life itself. Kaye further explains the feeling of torment and never feel comfortable is the most frequent experience of gays married to women.

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images of gays married at the request of parents and what factors influence psychological well being in gay married at the request of parents.

RESEARCH METHODS

This study uses a qualitative approach to find out more about the psychological well-being in gay married at the request of parents. Subjects in this study is a 27-year-old gay who has been dating relationships with women for 2 years and will be married at the request of parents. Meanwhile, significant other for this study amounted to 1 person.

This study uses interview and observation techniques in data collection. The type of interview used is the type of interview with general instructions. The type of observation used is non-participant observation. This observation of the researcher is outside the subject studied and does not participate in the activities that the subject is doing. This study also uses unstructured observations in order to subject the subject freely without any systematic design.

RESULTS AND DISCUSSION

This study aims to find out how psychological well-being images of gay married at the request of parents and what factors influence psychological well being in gay married at the request of parents.

The psychological well-being of a gay who marries at the request of a parent is a subject capable of accepting herself with a gay status of a relationship with a woman. The subject also has a positive relationship with others and has no obstacles in dealing with everyone. Subjects interacting with people around the subject environment discussing the seventeens august event both in the subject house and in the neighborhood association hall. This happens because the subject's gay status is not known by the people around the subject environment. Because Ryff (in Ryff and Keyes, 1995) says that someone who has a high value in the dimensions of positive relationships with others can foster a warm and trusting relationship. In addition, the individual has a concern for the well-being of others, showing empathy, intimacy, affection, and understanding the principle of giving and receiving in a relationship.

However, the subject relationship with heterosexual couples does not affect the subject to be independent although the subject is able to make decisions on the basis of self and be able to solve problems themselves. According to Ryff (in Ryff and Keyes, 1995) a person with a high autonomy value can determine everything by himself and independently. Individuals are able to

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make decisions without the interference of others, have resilience in the face of social pressure, can manage behavior from within, and able to evaluate themselves with personal standards. In psychological well-being the subject other subjects also want to mingle with the people in the environment where the subject lives even the subject of participating in the activities of youth in the environment of the subject of residence and in the work of devotion. And if there are problems in the environment around the subject would finish together with the way of deliberation. This happens because the subject covers the subject's identity as a gay. Because according to Ryff (in Ryff and Keyes 1995) someone who has a high value in the dimension of mastery of the environment has the confidence and competence in regulating the environment, can control a variety of external activities, control the situation of everyday life, take advantage of opportunities in the environment, able to create an environment that suits personal needs and values.

The identity of the subject as a gay dating a woman does not affect the subject's life goals. The subject also has a desire to be successful in a career and can make the subject's parents happy. Ryff (in Ryff and Keyes, 1995) says that someone who has a high value in the dimension of purpose of life has a sense of severity, able to feel the meaning of the past and the present, have confidence in the purpose of life, and have a target to be achieved. In addition, subjects have the potential to sing and develop the potential that exists within themselves by following a singing competition. Subjects like new things and feel challenged by new experiences. Besides the subject has a desire to improve yourself to a better direction by marrying women despite the urgency of the subject's parents. Ryff (in Ryff and Keyes, 1995) says that someone who has a high value in the dimension of personal growth is characterized by a continuous growth in him, open to new experiences, has the ability to realize his potential, feel the increase that occurred on themselves and their behavior, and can turn into more effective individuals through increasing knowledge.

The psychological well being of the subject as gay marriage at the request of a parent is inseparable from the influence of several factors, which can be described as follows: As we get older we have the desire to be more mature in thinking and acting. Age factor does not affect the autonomy of the subject where with the age of the subject has 27 years, the subject was able to behave autonomously and was able to organize and direct the life of the subject itself. Ryff and Keyes (1995) suggest that age differences affect the differences in the psychological

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well-being dimensions. There is also a sex factor, the male sex subject that Ryff (in Ryff and Keyes, 1995) finds that compared to men, women are good at the dimensions of positive relationships with other individuals and the personal growth dimension. But in terms of analysis that the subject is good on the dimensions of positive relationships with other individuals and personal growth.

The environment around the subject has a collective culture, this culture seen from how friends and family help the subject when the subject encounters difficulties. When the subject wants to borrow money with his friend, his friend always helps. Collective culture is one thing that makes the subject has a positive relationship with other individuals. Ryff (1995) says that the value system of individualism-collectivism affects the psychological well being that a society possesses. Western culture has advantages in the self-acceptance dimension and autonomy dimension, whereas eastern cultures that uphold the value of collectivism have advantages in the dimensions of positive relationships with other individuals. Economic factors, not too influential on the psychological well being subject, because the subject is working and own income.

Subjects are also able to interpret unpleasant experiences in the past and will not be repeated again in the future so as to make the subject interpret the experience in the past. It affects the subject's mindset so that subjects feel the subject's mindset is getting more positive. Ryff and Singer (1996) who define the psychological well being as a result of an evaluation or judgment of a person against himself which is an evaluation of his life experiences. Evaluation of the individual experience will cause the individual to be resigned to the situation, this makes the psychological well being of the individual becomes low, whereas if the individual is trying to fix it not just resigned then it will make psychological well being increasing. Besides that the subject is loved, cared for, appreciated and given attention by family members, friends and people around. Subjects also get help from people around when experiencing difficulties. And the environment also supports the subject to grow flowers in a positive direction. This is because the subject does not reveal the subject's identity as a gay person so that people around the subject treat the subject as a normal male in general. As Coobs (in Sarafino, 1994) notes that individuals who get social support will feel that they are loved, cared for, valued and shared in social networks (such as families and organizations) that provide a dependent place when needed.

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CONCLUSIONS AND SUGGESTIONS

Some things that can be concluded in this research, among others, is that the psychological dimension well being in the gay married at the request of parents and the factors that influence it can be concluded again that the psychological well being subject said less in the dimension of self-acceptance and dimensions of positive relationships with other people.

For the next researcher it is suggested to dig deeply about psychological well being in gay married at the request of parents with different age. Nor with methods and other types of variables.

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