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# INTOLERANCE OF MARITAL RELATIONSHIP BETWEEN HUSBAND AND WIFE (PSYCHOLOGICAL CASE STUDY OF MARITAL RAPE)

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## ABSTRACT

Marriage is a sacred relationship and full of tolerance between husband and wife with their rights and obligations. Conversely, if the rights and obligations are not understood, it will lead to intolerance in it, such as coercion and rape in husband and wife relationships. This study explains the intolerance of husbands to wives will have a psychological impact in the form of low self-esteem, worthlessness, fluctuating emotions and physical trauma. The method used is qualitative in the ABC area and library research. Secondary data is a psychological examination of victims of marital rape disturbed without intervening in victims of marital rape. In conclusion, intolerance by the husband in marriage has a deep and severe social and psychological impact on the wife. Suggestions for pre-marital guidance for the rights and obligations of couples need to be increased, the opening of counseling centers for couples without the burden of shame or pressure from husbands.

**Keywords:** Marital rape, marriage, Psychological, Intolerance, Rape husband to wife.

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## Introduction

With the passage of time, marriage is a holy and sacred thing where two people from different backgrounds will build a household relationship that is mawadah and blessed by Allah. They are bound by promises not only legally but are accountable before God in the future. This accountability is not only limited to the obligations of the husband and wife but the rights that are obtained by each other in love. They are bound by promises not only legally but are accountable before God in the future. This accountability is not only limited to the obligations of the husband and wife but the rights that are obtained by each other in love.

But also to the attitudes and behavior that the husband applies as the head of the family to his children and wife. In 2018, there were 194 cases of unwanted sexual intercourse that caused suffering to the wife. This number increased from 2017, which reached 172 cases<sup>4</sup>, and 2016, which reached 135 cases. These cases continued to increase in 2022 based on data from the Indonesian National Commission on Violence Against Women (Komnas), with the second highest data of 25% with 597 cases. Until now, basically, marital rape has still not literally received a specific explanation and meaning, so that it is more about the violence that occurs by the husband to the wife so that the wife is mentally traumatized (Siburian, 2020). The word rape comes from the Latin "rapere) which means to steal, force and crush or carry perhi. In the Big Indonesian Dictionary, rape means to rape or violate with violence and rape is the process, method, act, rape or violate with violence. If we refer to the provisions of the criminal law

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currently in force, Article 28 of the Criminal Code reads "Whoever by force or threat of force forces a woman to have sex with him outside of marriage, shall be punished for committing rape with a maximum imprisonment of twelve years." The provisions of this law are quite clear and specific, but in marriage when this happens, it is still included in the terminology of "others".

According to Komnas Perempuan in 2017 that the refinement of terminology obscures the real phenomenon of the type of violence against women that is processed (Hariyanto, 1997 in Siburian 2020). The issue of marital rape, not only occurs in Indonesia but also almost globally. In Indian society, which adheres to patriarchal traditions, marriage is sacred and it is not a crime for a husband to rape his wife. Domestic rape is not just an attitude of violence by the husband to the wife but also the husband forcing undue sex and doing it without the wife's consent (Pandey, 2021). This makes the victim or wife feel disrespected by the husband and there is no element of security and protection that should be done by the husband to the wife as a household. This situation has led India to call for an end to domestic rape as it is considered an act that has no place in jurisprudence.

In various cultural teachings on the relationship between men and women in a marriage, it explains the need for tolerance between the husband and his wife, and the prohibition against imposing their will in an abominable way. Marriage is built by two people of the opposite sex with the aim of building a family that is *sakinah mawadah* and *warrahmah* which is officially accommodated by an official and *halal* forum in channeling the sexual desires of each person as well as an effort to save and secure the genitals from various sexual deviations which in turn damage the reproductive function (Samsudin, 2010).

But not infrequently, we hear of sexual intolerance committed by husbands against their wives because they do not fulfill their obligations according to the husband's rights, namely intercourse where the husband forces

his wife who is sick or postpartum, to have intercourse. This traumatizes the wife when she wants to have intercourse again. Not only physically but psychologically, where the wife's distrust of her husband or the fear faced by the wife makes the marriage relationship no longer sincere and sacred but full of pressure and trauma on the wife.

According to Blake (2007), the general understanding of Intolerance is an attitude of ignorance or indifference to the existence of people, as a husband treats his wife by not caring about the rights of a wife. The coercion faced by the wife becomes a form of rape causing only the husband to enjoy while the wife is hurt. The absence of communication and mutual respect for each other is an indicator of disharmony / intolerance of husband and wife relationships and the emergence of domestic violence. Intolerance in KBBI means intolerance and disrespect, disrespect for one party.

This can arise in domestic life, where violence that occurs in the household against women becomes dangerous because women of all ages are easily subjected to forms of violence such as beatings, coercion, rape and forms of sexual, mental and clerical assault in traditional attitudes (Center for Women and Gender Studies UI, *Women's Rights: Legal Instruments for Realizing Gender Justice*, p: 55). This condition puts women at risk of violence and coercion, which in essence in a marital relationship, the wife is not a satisfier of sexual desires and is not limited to sex alone. However, the husband must be close, physically, psychologically and emotionally familiar. The husband's sympathy and tolerance can foster the seeds of love. Also, mutual respect and understanding are the main milestones in the relationship between husband and wife so that a sense of respect for each other emerges. Based on the results of a survey conducted by BPS in the last 4 years between 2016 - 2019 there were 259,150 cases of domestic violence committed by husbands against wives where victims received physical beatings both on the body and face.

According to information from the Director of Social Security Statistics at BPS, Thoman Pardosi, domestic violence in the form of physical violence where the husband hits his wife for one reason is still quite high at 25.86%. This data is based on confirmation from Komnas PPPA under the heading of Family Resilience Development. Meanwhile, data in the capital city that approves of beatings is 21.65% and in villages it is higher at 30.04%. However, there are also those who do not justify beating women for all reasons as much as 74.14%. This shows that the current tradition and gender inequality in households where there is domination of one party and a lack of understanding of harmonious households. In addition, the understanding of roles in the household that only highlights one party as fully responsible makes the husband behave arbitrarily, including by means of violence.

In the explanation of Law of the Republic of Indonesia Number 12 of 2022 concerning Criminal Acts of Sexual Violence (UU TPKS) states that sexual violence is a violation of human rights, a crime against human dignity, and a form of discrimination that must be eliminated. Sexual violence is increasingly widespread in society which has an extraordinary impact on victims. This has an impact on physical, mental, health, economic, and social suffering to politics. The impact of sexual violence is also very much in the life of the victim. The impact of sexual violence is even stronger when the victim is part of an economically, socially, and politically marginalized community, or those with special needs, such as children and persons with disabilities. The National Commission on Violence Against Women in March 2023, in the Fact Sheet contained in the Annual Record of Komnas Perempuan in 2023 recorded, there were 622 cases (30%) of violence against wives from 2098 complaints to Komnas Perempuan with cases of violence in the personal sphere. Where the most common form of violence in the personal domain category is psychological violence.

In addition, still from the same source, 3205 cases handled by service institutions experienced violence against wives where the most common form of violence was physical violence.

Violence experienced by women or wives is not only physical but also verbal with language and yelling is a condition of Marital Rape committed by husbands to wives (Darmawan, 2014). Where the negative language conveyed repeatedly to the wife makes the wife mentally and psychologically weakened. The wife is worthless and mentally weak which has an impact on the wife's negative self-concept. According to Dzuhayatin (2012) states that one of the indicators of Marital Rape is intercourse by coercion, intercourse with verbal threats, intercourse by indulging one's own tastes without the consent of the victim, intercourse with drugs or reinforcing drugs that cause the wife to experience pressure and cannot take action. The pressure makes women confused, entangled and do not know what to do other than cry. Not only that, the high pressure faced by women and their inability to seek protection causes stress and leads to mental disorders that have an impact on the development of children.

Psychologically, marital rape causes prolonged disappointment or fear and trauma to have sexual intercourse. This impact is not only short-term, namely a few days after the incident with indications of emotional disturbances often angry, feeling guilty and humiliated (Aishah in Marlia, 2017). Meanwhile, behavior is characterized by difficulty sleeping, lack of appetite and closing themselves. The long-term impact is accompanied by negative perceptions about her husband, sex and the trauma she bears. The mental wounds suffered can enter the limits of normal and abnormal. In fact, if it happens repeatedly, usually the wife's character will change by appearing insecure, always blaming herself and feeling incapable and making her husband angry / racing, reproductive disorders (menstrual cycle) due to the heavy pressure faced (Hayati, 2010).

A wife who experiences these conditions, still survives because the decision is not thinking about her but the children and extended family because of the construction that states that the wife is a protector, a guide for children and a booster for her husband. However, if the husband is insensitive and tends to give a negative stigma to the wife, it will damage the household order that was built at the beginning where there is mutual respect and tolerance for each other. Marriage is not an escape and validation that violence is allowed because it is bound in a marriage.

So far, the wider community understands violence as an act of violent, harsh and violent behavior, on the other hand, psychologically suppressing and oppressing behavior is not considered violence. Marital rape is an act of violence that is carried out physically and psychologically and has a major psychological impact on the victim. Linda E Ledray (in Sulistyaningsih and Faturchman, 2002) in her research on the description of suffering experienced by female victims of rape by men studied in the American region after rape. The results stated that 96% experienced dizziness; 68% experienced severe muscle spasms. While in the post-rape period, 96% experienced anxiety; 96% felt psychologically exhausted; 88% were restless; 88% were threatened and 80% felt terrorized by the situation.

Indeed, in a marriage relationship, the wife is not only an object but also a subject. The husband-wife relationship in marriage is not limited to satisfying biological needs alone. However, husband and wife bring each other closer and familiarize themselves so that they cannot understand each other more and more.

This paper aims to provide information on the meaning of a harmonious marriage relationship, mutual care and tolerance between husband and wife.

By putting forward the psychological

perspective of Marital Rape, it can provide an overview of the positive interaction between husband and wife, and explain that marriage is not limited to the distribution and release of sex alone but has more essence than that.

The essence of marriage is to glue and unite two individuals who have different backgrounds both from families, regions, regions and concepts of thought, and traditions to be made one in the bond of marriage with rights and obligations that must be understood by husband and wife. It is hoped that married couples can create a positive-household atmosphere psychologically and mentally so that it can have a positive impact in undergoing the household mark between husband and wife and children.

## 2. METHOD

This article uses a narrative description method by focusing on a qualitative study where this research describes the potential and psychological impact of wives who face Marital Rape cases based on the experiences faced by women with husbands who are intolerant in the marriage relationship. In this study, the classification of respondents is as follows, among others, in Marital Rape cases that have been handled by counselors with a marriage age of more than five years and social status below poverty standards.

In addition, they have conducted counseling and assistance at P2TPA in the ABC region, Indonesia and received intervention from a psychologist. Able to master themselves emotionally and cognitively so that it is easy to be questioned by researchers. The number of respondents obtained was 10 people with characters according to the specified conditions. The data collection carried out in this case analysis method is as follows: Interviews with respondents with questions that have been prepared in the form of causes of occurrence, changes in the husband's attitude, the impact of psychological and physical on the respondent, the long period of action from the husband

towards the wife who becomes intolerant of the wife and what things are taken away by the husband in the form of wife's rights.

Literature review and support in the form of theories and other information that supports because in terms of psychological impact there is still very little literacy information obtained.

### 3. RESULT AND DISCUSSION

#### 3.1 Result

The results of observations, interviews and literacy studies conducted on wives who experience Marital Rape experience quite high pressure due to intolerance by husbands in marriage. Husbands who are less willing to listen, respond and communicate within the household cause pressure on the wife. Whereas the essence of marriage which is more meaningful than just sexual relations has not been interpreted positively. As a result, the wife's sense of shame and helplessness led to her inability to report the condition to other people, both siblings and the National Commission for the Protection of Children and Women or even the Ministry of Religion, which legalized the marriage relationship.

In addition, the norms and orders that she holds not to tell the family's disgrace to others put pressure on the wife. An intensive assertive communication approach, listening to complaints can foster warmth so that information about feelings and the impact of trauma faced can be explored in depth. The arbitrary use of power is possible because of the situation formed in the household where the dominance of one over the other is so strong due to several factors as described later. Such domination will continue as long as the level of dependence on the dominant and dominated party remains high (according to Mohtar Mas'od in syakur, et al, 2023).

Action	Behavior	Intensity (in weeks)
Domestic neglect	Not providing daily economic fulfillment and children's school needs	Almost every day
Physical beating of wife	Hitting the feet, hands, face and banging the head against the wall	18 times a week
Negative Verbal	Resentment, belittling women, scolding in front of children, blaming, yelling, rebuking and punishing with communication	Almost every day
Physical acts and intercourse	Hitting and slapping your wife or kicking her during intercourse.	Almost often done when going to have sex

**Table. 1 Characteristics of violent acts based on an interview with the wife**

Based on the results of interviews and data from interventions from psychologists and counselors, there are similarities between each wife, among others: Economic factors and limited cognitive abilities between husband and wife in expressing feelings and thoughts in the problem-solving process become their obstacles in communicating or explaining a problem. Husbands tend to issue physical and verbal abuse while wives are more accepting and passive. The husband who tends to be dominant and the wife who is weak without being able to defend herself are supporting factors for the wife's mental decline in facing existing problems.

There is an abuse of religious understanding where when the wife tries to defend herself, it is considered by the husband as a sin because she has violated the husband's orders and disobeyed the husband, which ultimately has an impact on the wife's inability to say no.

The factor of young children and the need for a mother's attention when the wife files for divorce against the husband. The emergence of the results of a husband's manipulative attitude towards his wife that causes what the husband does to be right even though violence against women in the eyes of religion is not justified.



It is these factors that influence a wife to act, which in turn accepts what is the action of a husband to his wife. Rape in the household not only affects the wife but also the emotional development of the wife and children. This not only has an impact on psychological but also sexual relations so that there is an inability for a wife to enjoy so that the wife is limited to carrying out her duties and functions as a wife in serving the biological needs of her husband. This is due to the absence of mutual consent in all aspects where the husband is the decision maker (Arini, 2023).

The research process was not limited to digging up information but also providing interventions to victims of marital rape, in this case the wife. The intervention was in the form of listening to her complaints and guilt and her inability to deal with domestic life. In addition, the psychological impact that arises is a sense of inferiority and a feeling of being humiliated by others which makes it difficult to meet face to face with other people / neighbors.

Therefore, providing reinforcement, listening to all complaints and strengthening the self-esteem that is owned is the initial capital in providing interventions before psychotherapy or other forms of resolving trauma. The mother is given reinforcement from a mental and religious perspective that the wife can say no when the husband is abusive as a form of self-defense instead of surrendering to the husband's arbitrary treatment. Provide conceptual improvement from the side that husbands are allowed to act violently to get the right to have sex. Except if the husband has a sexual disorder in the form of sadomasochism, where the husband will act violently to get sexual satisfaction.

Therefore, in household relationships, wives are not only used as objects but as subjects. The husband-wife relationship in marriage is not just about satisfying biological needs but also social and psychological aspects.

## 4. DISCUSSION

In the initial intervention after it was found that there was trauma and psychological impact on the mother which affected the household. In accordance with the results of the study in the previous sub-study which states that the existence of domestic violence against wives has a major impact which causes a positive mental decline in the wife and a woman feels disrespected in every way. These impacts are in accordance with the explanation of Sulistyarningsih and Faturochman (2002), which states that there are psychological and social impacts on a wife. Where the psychological impact that often arises is:

- High anxiety about various situations and feeling unable to cope with various pressures from the environment
- Prolonged stress during the process of stress and domestic violence such as shame, anger and helplessness, fear and guilt even though she did not commit actions that were considered wrong by the environment.
- There is continuous tension that causes traumatic and psychological exhaustion resulting in difficulty sleeping, uncontrollable emotions and often the child becomes the target of anger and helplessness.
- Loss of concentration on a job or activity due to high stress and partner trauma.
- Lack of sexuality that is limited to performing the functions of a wife and partner.

While the social impact experienced by a wife who experiences pressure and marital rape (Hayati, 2010), the following behavioral symptoms will appear:

Feeling worried and uncomfortable when having intercourse with your husband. The presence of muscle spasms in certain parts that cause pain in the wife's limbs due to coercion in intercourse Unwanted pregnancy. The presence of severe trauma such as moodiness, self-reproach, uselessness, guilt and so on, which leads to disruption of social relationships with the environment. There is news from the mass media that tends to corner the victims, namely

women or wives, where journalists use denotative language in describing the sequence of situations, causing the position of victims in the eyes of the community to become weaker (Abar & Subardjono, 1998 in Manan 2008). With the two impacts of psychological and social will cause the victim's weight in the eyes of society to advance, rise and develop. In addition, there are misperceptions and lack of understanding factors that state that wives must "obey" and obey their husbands. Especially with a patriarchal culture where the husband is the dominating and organizing party in the household. This is in line with the case at hand, namely the husband's intolerance towards his wife where the husband will do how he likes in treating his wife. With a low understanding of the verse, the husband's rape behavior towards his wife both in terms of verbal and non-verbal. The existence of this study emphasizes that there is an intolerant attitude from husbands towards wives that still needs to be followed up in appropriate prevention and intervention both pre-marriage and post-marriage. That way, the household built by both parties can respect each other and build the mawadah warrahmah attitude that every married couple expects.

## 5. CONCLUSION

The conclusion consists of

### 5.1 Conclusion

Intolerance in marriage by husbands towards wives causes a high psychological impact. Intolerance by the husband is coercion and threats to the wife not only during intercourse but also in interacting in marriage. The intolerant attitude that is carried out is not communicating, imposing and not listening or ignoring the wife's condition, makes psychological pressure on the wife. This condition is referred to as Marital Rape committed by husbands against women due to a lack of understanding of the elements and essence of marriage. The feelings of trauma that arise can affect a woman's psychological function, emotional and physical control so that it requires strengthening from the authorities. It takes time to improve a woman's psychological condition due to distrust of the environment.

Coupled with the husband and wife's ignorance in interpreting each verse, misperceptions often occur. Therefore, understanding and knowledge about marriage is the main thing to treat women properly.

### 5.2 Suggestions

It is hoped that there will be pre-marital guidance and a comprehensive explanation to each prospective husband and wife on how to treat a wife in a sacred marriage. Therefore, with a limited understanding, it is necessary to have a form of intervention from the authorities to explain the position, rights and obligations of a husband to his wife and a wife to her husband. Not only that, it is necessary to be more open about counseling centers or information about Marital Rape so that women can anticipate and make themselves meaningful in the process of counseling sessions. This journal can be further researched to be developed in the form of academic and non-academic activities that are interested in reducing the number of Marital Rape in Indonesia.

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