



The Problem in the Issue of Marriage is Scary and Childfree in Indonesia

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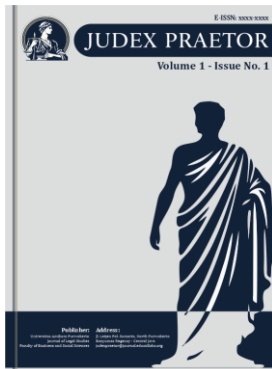
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ABSTRACT



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The phenomenon of marriage is scary and childfree is increasingly attracting attention, especially in Indonesia, especially among the younger generation. Many individuals are starting to doubt marriage and the decision to have children due to various factors including economic, social and psychological factors. Fear of marriage (marriage is scary) is often associated with increasing divorce rates, financial instability and social and cultural pressures that still maintain traditional roles in the household, while the choice to not have children (childfree) arises as a response to economic challenges, high living costs and the desire to obtain personal freedom and well-being. In Indonesia, the debate regarding these two issues is quite complex because cultural norms and religious teachings still place marriage and children as part of an ideal life, individuals who choose to postpone or avoid marriage and those who decide to live without children often face social pressure and pressure from family and the surrounding environment, however, changes in mindsets and increasing awareness of individual rights in determining their life path are starting to open up a wider discussion space regarding the concept of family and happiness in the modern era. This study aims to analyze the factors that influence fear of marriage and the decision not to have children in Indonesia. By understanding this trend, it is hoped that a new perspective can be obtained regarding the diversity of life choices and their impact on social dynamics and family structures in the future.

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INTRODUCTION

Marriage and having children have long been considered important life stages in Indonesia. However, in recent years, the issues of "marriage is scary" and "childfree" have become increasingly discussed, especially among the younger generation. Marriage is scary due to various factors, such as rising divorce rates, economic uncertainty, and social pressures that demand individuals meet certain standards. Furthermore, the decision to remain childless (childfree) is a choice for some people considering financial factors, personal freedom, and changing views on the meaning of family and happiness.

In Indonesia, this issue remains a hotly debated topic because cultural norms and religious values continue to place marriage and children as important aspects of life. Those who choose to delay or not marry, or decide not to have children, often face social pressure for taking a different life path in a society that tends to maintain traditional values regarding the institution of marriage and family.

However, the increasing pace of social and economic change has given rise to a broader discussion about various life choices. Factors such as the rising cost of living, career demands, and awareness of the importance of mental health are becoming key considerations in decisions regarding marriage and having children. Therefore, it is important to understand these two issues more deeply, including the factors that influence them and their impact on social dynamics in Indonesia.

The questions that can be drawn from the background above are:

1. What factors influence the issue of "marriage is scary"?
2. What is the concept of childfree, along with the responses and views of society in Indonesia?
3. What solutions are needed to address the issues of "marriage is scary" and "childfree" in Indonesia?

METHOD

This research uses a qualitative research type that uses a qualitative descriptive method with a descriptive approach and phenomenological theory. This approach aims to understand the phenomenon being researched objectively and accurately in order to obtain a clear picture of the phenomenon being researched.¹

The qualitative descriptive research method is an approach used to study research objects in their natural state without intervention or manipulation from the researcher. The purpose of this method is to explain and provide a detailed description of the object being studied based on data

¹ Sugiyono, *Metode Penelitian Kuantitatif Dan Kualitatif*, 2021.



obtained from the current phenomenon. In this context, the research relates to the problem of the issue of marriage is scary and childfree in Indonesia.²

To obtain comprehensive data, this study uses data collection techniques in the form of document analysis sourced from articles, blogs, social media, books, and several journals to obtain information about the problem of marriage is scary and childfree issues that occur in Indonesia.

After the data has been collected thoroughly, analysis is carried out using the thematic analysis method, where the first step in this analysis is data reduction, namely selecting and filtering relevant and accurate information with a previously determined research focus.³

RESULT & DISCUSSION

1. Marriage Is Scary Issue and Its Factors

Marriage is still an important aspect in the lives of Indonesian people, but more and more young people are starting to question the institution of marriage and even consider it something scary. This issue can be seen from the increasing number of individuals who choose to postpone marriage or even not marry at all. So what makes marriage seem scary to today's young generation?⁴

The following are factors that influence the view of the issue of marriage is scary:

a. Social and Cultural Pressures

In Indonesian culture, marriage is often seen as an indicator of a person's success because the pressure to marry, especially for women, remains very strong. Questions like, "When are you getting married?" often become a mental burden for those who are not ready or who don't yet have a partner.⁵

Apart from that, there are still many young people who feel that marriage is not a personal choice but a social obligation, the pressure that after marriage someone must fulfill a certain role, such as women being housewives and men being the main breadwinners,

² Anugerah Ayu Sendari, "Mengenal Jenis Penelitian Deskriptif Kualitatif Pada Sebuah Tulisan Ilmiah," *01 Februari 2021*, 2021.

³ Derek Jansen, "Apa Itu Analisis Tematik?, Penjelasan Dan Contoh," *Maret 2024*, 2024.

⁴ dkk Rehila Tiffany, "Mengurangi Fenomena Marriage Is Scary Di Media Sosial: Perspektif Peran Perempuan Dalam Islam," *Keluarga Sehat Sejahtera*, Vol. 22, No. 2 (2024), p. 6.

⁵ Ghozali Rusyid Affandi, "Tren Marriage Is Scary, Ini 6 Faktornya Menurut Pakar Psikologi Umsida," n.d.



makes marriage seen more as an obligation than a source of happiness.⁶

b. Economic Instability and High Cost of Living

Economic factors are one of the main factors why marriage is considered scary, including expensive wedding costs, property prices that continue to rise, and financial needs in married life are a big challenge for today's young generation, therefore many young people prefer to postpone marriage until they feel economically stable.⁷

The current generation is also increasingly aware of the importance of independence and self-development before marriage because they want to have a stable job, good investments and sufficient savings before committing to marriage.⁸

c. Fear of Commitment and the Risk of Divorce

The high divorce rate in Indonesia also influences skeptical views towards marriage. According to data from the Central Statistics Agency (BPS), throughout 2024, the divorce rate reached 390,000 cases due to arguments, economic reasons, domestic violence and others. Many young people also see the experiences of their parents or closest people who have experienced divorce, infidelity or household conflicts that are difficult to resolve.

In addition, there is a concern that after marriage a person will lose personal freedom and must continue to adjust to their partner in various aspects of life. Long-term commitments such as marriage can feel intimidating for those who still want to explore themselves and the world.⁹

d. Shifting Priorities and Lifestyle

Compared to previous generations, young people today have different priorities, such as career, education and personal freedom are often considered more important than getting married at a young age, therefore many of them prefer to focus on self-

⁶ Kholida Qothrunnada, "Arti Marriage Is Scary Dan Faktor Yang Membuat Seseorang Takut Menikah," *Jumat 30 Agustus 2024, 17:30 WIB, dikutip pada Selasa 11 Mar 2025, 05:30 WIB, 2024.*

⁷ Rizka Khaira, Diki Herdiansyah, "Menyelami Persepsi Marriage Is Scary Dalam Perspektif Dan Emosional Di Konteks Sosial Budaya Kontemporer Serta Faktor-Faktor Yang Mempengaruhi: Sebuah Literatur Review," *4 Januari 2025, Dikutip Pada Selasa 11 Mar 2025, 07:11 WIB.*

⁸ Mohammad Dian Purnama, "Penjelasan Dosen Psikologi UNESA Mengenai Marriage Is Scary Dan Cara Mengatasinya," *UNESA, n.d.*

⁹ Nouvan, "Jumlah Kasus Perceraian Di Indonesia 2024 Berdasarkan Penyebabnya," *2025.*



development, traveling or even living alone without feeling the need to build a household.

In addition, happiness is no longer always associated with marriage, so many young people feel that they can live a happy life without having a partner or family of their own.¹⁰

e. Mental Health Awareness in Relationships

In the digital era, access to information about mental health is increasingly widespread and easy to reach, many young people now understand the importance of building healthy relationships and do not want to be trapped in toxic relationships.

This awareness makes them more selective in choosing a partner and braver in rejecting marriages that are considered unhealthy even though this goes against family expectations or social norms.¹¹

The issue of "marriage is scary" in Indonesia reflects a shift in the younger generation's perspective on marriage. They no longer see it as something they must do simply because of social pressure, but rather as a decision that requires emotional, financial, and mental preparation. Society needs to understand this shift and no longer view marriage as the only path to happiness, but rather as a choice that can bring happiness, not something that creates fear or compulsion.¹²

The discussion on the relationship between marriage is scary and *maqashid al-usrah* is an interesting and relevant topic in the context of modern life. The background of this problem is that marriage is scary is a phrase that is often used by some people, especially young people, to express their fear or worry about marriage.¹³

Meanwhile *maqashid al-usrah* is a concept in Islam which refers to the aim and purpose of forming a family, this concept is very important in understanding the nature and purpose of marriage in Islam as mentioned in *Surah Ar-Rum* verse 21:

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ

Meaning: "And among His signs is that He (Allah) created for you mates from among yourselves, that you may find rest in them. He (Allah)

¹⁰ Fina Al-Mafaz, dkk., "Marriage Is Scary Tren In The Perspective Of Islamic Law and Posistive Law," *Kajian Keislaman*, Vol. 11, no. 3 (2024).

¹¹ Zakiyatus Soimah, *Marriage Is Scary Buku Fikih Nikah Ala Imam Nawawi Al-Bantani*, 2024.

¹² Melina Lestari, dkk., "Bagaimana Fenomena Marriage Is Scary Dalam Pandanagn Perempuan Generasi Z," *Bimbingan Dan Konseling Ar-Rahman*, Vol. 10, No. 2 (2024), p. 7.

¹³ Tirta, "Studi Fenomenologi: Marriage Is Scary Pada Generasi Z," *Jurnal Undira*, Vol. 6, No. 2 (2025), p. 3.



has placed between you love and compassion. Verily in this are signs for a people who give thought.”

The relationship between the issue of marriage is scary and maqashid al-usrah is understood in the context that marriage is not only a legal or social bond, but also a means to achieve higher goals.¹⁴ These objectives include the following:

a. Achieving Peace and Tranquility

Marriage can bring peace and tranquility to married couples and help them to achieve greater happiness and satisfaction in life, as stated in the hadith of the Prophet Muhammad SAW that "marriage is my sunnah, and whoever does not carry out my sunnah is not included in my group" (HR. Ibn Majah).¹⁵

b. Forming a Sakinah Family

Marriage can create a family filled with peace, love, harmony, and affection, as mentioned in Surah Al-Baqarah, verse 187, which translates as: "...they are a garment for you, and you are a garment for them..."

c. Achieving Happiness and Life Satisfaction

Marriage can help a married couple to achieve happiness and help them to achieve higher goals in life, this is as mentioned in the hadith of the Prophet Muhammad SAW that "the world is play and pleasure and the best play and pleasure is a pious woman." (HR. Muslim).¹⁶

However, for some people, marriage can seem scary for several reasons such as fear of failure and loss of freedom. Some people may be acutely afraid of failure in marriage either because of their own mistakes or because of other factors that cannot be controlled and are afraid of losing freedom because after marriage they have to share their time and energy with their partner.¹⁷

In the context of maqasidul usrah, fear or anxiety in marriage can be overcome by understanding the higher goals of marriage, by understanding that marriage is not only a legal or social bond but also a

¹⁴ Miswanto, "Marriage Is Scary Perspektif Maqashid Al-Syariah," *Jurnal Hukum Dan Hukum Islam*, Vol. 12, No. 2 (2025), p. 5.

¹⁵ Nuril Azizah, "Hadis-Hadis Tentang Keutamaan Nikah Dalam Kitab Lubab Al-Hadis Karya Jalal Al-Din Al-Suyuthi," *Jurnal Dialogia*, Vol. 12, No. 1 (2023), p. 4.

¹⁶ Dia Asri, "Marriage Happiness (Karena Pernikahan Bukan Sekedar Cinta)," *Jurnal IAIN Langsa*, Vol. 3, No. 2 (2022), p. 6.

¹⁷ Nihayah, "Gambaran Kecemasan Menikah Pada Perempuan," *Jurnal Hukum Dan Sosiologi*, Vol. 6, No. 2 (2023), p. 7.



means to achieve happiness, peace and satisfaction in life, therefore husband and wife can be better prepared to undergo marriage.¹⁸

2. Childfree Concept, Factors and Public Viewpoint Responses

Childfree is a lifestyle choice taken by individuals or couples who consciously decide not to have children, either temporarily or permanently, based on a decision based on various personal considerations, not because of biological obstacles that prevent them from having children.¹⁹

Several factors that drive childfree decisions in Indonesia:

a. Economic Factors

Having and raising children requires significant costs, from basic necessities like food and clothing to education and healthcare. In today's increasingly competitive economy, many individuals and couples feel that their financial situation is not yet stable enough to provide a decent life for a child. The rising costs of education, property, and living expenses, especially in urban areas, make some people think twice before deciding to have children.²⁰

b. Lifestyle and Career Focus

Some individuals prefer to pursue personal achievement, develop a career or enjoy life with greater freedom without the responsibilities of parenthood because for them having children can limit their space and freedom to achieve their dreams or explore various opportunities in life, especially in the aspects of work and career paths.²¹

c. Mental and Physical Health

Pregnancy and the process of raising a child are huge responsibilities that can impact a person's physical and mental health, often referred to as the baby blues. Some individuals feel anxious about the bodily changes that occur due to pregnancy or have past trauma that makes them hesitant about becoming parents. Furthermore, the stress and emotional pressure of raising children are also factors that drive some people to choose not to have children.²²

¹⁸ Farida Ulfi, "Tawaran Maqashid Al-Usrah Dalam Perkawinan," *19 Mei 2023*, 2023.

¹⁹ Erwina Rachmi Puspapertiwi, "Ramai Soal Childfree, Ini Pengertian, Penyebab, Dan Dampaknya," *9 Februari 2023, 18:30 WIB, Dikutip Pada Selasa 11 Mar 2025, 18:21 WIB*, 2023.

²⁰ Fhelincia Nathano Farrencia Nallanie, "Childfree Di Indonesia, Fenomena Atau Viral Sesaat," *SYNTAX IDEA*, Vol. 6, No. 6 (2024), p. 7.

²¹ Nafilah Sri Sagita, "Fenomena Childfree, 71 Ribu Perempuan Indonesia Ngaku Tak Ingin Punya Anak," *12 November 2024, 19:00 WIB, Dikutip Pada Selasa 11 Mar 2025, 23:02 WIB*, 2024.

²² Rifai Asyhari, *Childfree and Happy*, 2021.



d. Environmental Concern and Population Growth

Environmental issues and concerns about the population explosion are also considerations for some individuals who choose not to have children because they believe that rapid population growth can exacerbate environmental problems such as population growth and the depletion of available natural resources. Therefore, by not having children, they feel they can reduce the negative impact on the environment and the earth.²³

e. Disinterest in Parenting

Not all individuals feel interested or ready to take on the role of parent because some feel they lack the skills, patience or are not interested in raising children, so some people feel more comfortable living their lives without the big responsibilities of having children.²⁴

In Indonesia, the decision to live a childless life is still considered controversial and often causes debate. This is due to social and cultural norms that still view marriage and having children as an important part, but there are also those who agree with this childfree decision. Society has various views that can be categorized into the following groups:

a. Traditionalist Group

This group adheres to cultural values that consider having children to be an obligation in marriage because they believe that children are a gift as well as a successor to the lineage that plays an important role in family life in the future. For this group, the decision not to have children is considered contrary to prevailing social norms and can even be seen as a selfish choice.²⁵

b. Moderate Group

This group tends to be more open in understanding the reasons behind the childfree decision, although some of them still question the reasons for this choice, however, they do not directly reject this concept but still consider that having children is part of the ideal life cycle.²⁶

c. Pro-Childfree Group

This group fully supports the individual's right to determine their own path in life, including the decision to have children or not,

²³ Raihan Rizqi Ardani, "Pengaruh Budaya Childfree Pada Populasi Manusia Di Masa Depan," 9 November 2024, 18:00 WIB, Dikutip Pada Rabu 12 Mar 06:45 WIB., 2024.

²⁴ Arsyatul Nikma, "Fenomena Childfree Di Indonesia Dari Perspektif Mahasiswa Kebidanan Universitas Airlangga Surabaya," *Kajian Gender Dan Anak*, Vol. 8, No. 1 (2024), p. 9.

²⁵ Ilham Fikriansyah, "Jadi Kontroversi Di Masyarakat Ini Pandangan Childfree Dalam Islam," 10 Januari 2025, 12:30 WIB, Dikutip Pada Rabu 12 Mar 2025 08:33 WIB, 2025.

²⁶ Maddy Savage, "Childfree Semakin Populer: Orang-Orang Yang Menjalani Kehidupan Tanpa Anak," 25 Februari 2023, Dikutip Pada Rabu 12 Mar 2025, 10: 13 WIB, 2023.



because they believe that every individual has full rights over their own body and future, so the childfree choice should be respected without intervention from other parties.²⁷

In legal terms, there are no regulations in Indonesia that require married couples to have children, even the government program, namely KB (Family Planning), recommends that having two children is sufficient considering that the population of Indonesia, especially on the island of Java, continues to increase rapidly. Therefore, the constitution guarantees the right of every citizen to determine their life choices, including in terms of reproduction.²⁸

However, in a religious context, especially in Islam, the majority religion in Indonesia, children are often considered a gift and blessing from Allah SWT. The Prophet Muhammad (peace be upon him) even encouraged his followers to multiply their descendants so that he could be proud of his followers on the Day of Judgment.²⁹

Some scholars also believe that refusing to have children can be seen as an act of rejecting the sustenance that has been given, therefore the decision to be childfree often receives negative assessments from a religious perspective and from a religious society.³⁰

The decision to live a childfree lifestyle is not always easy and is often accompanied by various challenges. Here are some of the impacts and challenges faced by individuals or couples who make the childfree decision:

a. Social Pressure

In Indonesia, society still upholds family values that place children at the heart of the family. Childfree couples often face pressure from extended family, friends, and those around them who question their choices. This can leave them feeling isolated or even ostracized.³¹

b. Preparing for Life in Old Age

One of the concerns for childfree couples is that they will not have children to care for them when they reach old age. Therefore, it

²⁷ Annisa Fianni Sisma, "Menelaah Pro Kontra Childfree, Dari Sudut Kesehatan, Agama Dan Pilihan," *24 Februari 2023, Dikutip Pada Rabu 12 Mar 2025, 11:09 WIB.*, 2023.

²⁸ Zauzany Ocha, "Childfree Dimata Hukum Indonesia," *16 Februari 2023, Dikutip Pada Rabu 12 Mar 2025 14:55 WIB*, 2023.

²⁹ dkk Alya Syahwa, "Childfree Dalam Perspektif Islam: Solusi Atau Kontroversi?," *Wanita Dan Keluarga*, Vol. 4, No. 6 (2023).

³⁰ Ahman Muntaha, "Kupas Tuntas Childfree: Hukum Asal, Motif Hingga Rambu-Rambu Di Dalamnya," *Dikutip Pada Rabu 12 Mar 2025, 18:31 WIB*, 2025.

³¹ Sudirman Luthfiah, "Childfree Di Era Modern: Tantangan Dan Peluang Dalam Perspektif Hukum Islam," *Hukamaa*, Vol. 2, No. 2 (2024), p. 7.



is recommended for childfree couples to prepare for the future carefully, both in terms of finances, social security and community.³²

c. Impact on Demographic Structure

If the childfree trend continues to increase in Indonesia, this could affect the birth rate and population composition. In the long term, this change could impact the number of workers and the country's economic balance, and it is feared that it will be like Japan, which has a population shortage.³³

3. Solutions to the Issues of Marriage Is Scary and Childfree

The issue of fear of marriage and the trend of not having children in Indonesia reflects the existence of concerns in living a married life because these two things often conflict with social norms that are still deeply rooted in society. To overcome these two issues, an approach from various aspects of life is needed. The following are several solutions that can be applied:

a. Increasing Public Education and Awareness

Building an understanding of healthy relationships is important to provide education to the public about good communication in relationships and the concept of a healthy marriage, so that fear of marriage can be reduced and marriage is no longer seen as something scary.

As well as emphasizing the right to life choices, especially in marriage and having children, that both are not obligations that must be followed by every individual, therefore there needs to be increased awareness that the decision to marry or be childfree is the right of every person which should not be viewed negatively by society.³⁴

b. Carrying out Social and Cultural Reforms

To reduce social pressure on individuals, public awareness campaigns are needed to encourage respect for each individual's life decisions, whether they choose to postpone marriage or not have children.

Dialogues about marriage and other life choices should be more open and free from judgment because by opening up an

³² Rohmi Yuhani'ah Agus Hermanto, *Telaah Istishab Terhadap Childfree*, 2024.

³³ Afrizal Naufal Ghani, "Fenomena Childfree, Ekonom UNAIR: Jangka Panjang Bakal Pengaruhi Ekonomi Negara," *13 Februari 2023, Dikutip Pada Rabu 12 Mar 2025, 20:43 WIB.*, 2023.

³⁴ Putri Ayu Mayangsari, "Mengatasi Fenomena Marriage Is Scary Melalui Prinsip Mu'asyarah BBil Ma'ruf," *28 Agustus 2024, Dikutip Pada Kamis 13 Mar 2025, 07:44 WIB*, 2024.



inclusive discussion space, individuals will feel more comfortable expressing their decisions without fear of social pressure.³⁵

c. Providing Economic Support and Inclusive Policies

Economic uncertainty is often the main factor that makes someone afraid to get married or choose to be childfree, therefore better financial education can help individuals feel more prepared in making decisions regarding marriage and family.

In addition, the government can play a role in creating policies that support various life choices, such as providing incentives to couples without neglecting the rights of individuals who choose to live alone or are childfree, including protection from discrimination in the workplace and social environment.³⁶

d. Providing a Supportive Psychological Approach

Many individuals experience fear of marriage due to bad experiences or past trauma, by providing easily accessible psychological and counseling services they can get professional help to overcome these fears.

By building a support community (support group) that accepts various life choices, it will help individuals feel more heard and accepted by society so they can live their lives with more confidence.³⁷

e. Optimizing the Role of Media in Influencing Public Perception

The media has an important role in shaping public opinion by presenting various life choices in a balanced and non-judgmental manner so that society can better understand that every individual has the freedom to choose their own path in life.

Fact-based educational content needs to be increased in various media platforms, including television, social media, and online articles, so that the public has a broader understanding of marriage and childfree living without any negative prejudice.³⁸

³⁵ Riyan Riswandi, "Analisis Perspektif Mahasiswa Muslim Gen Z Terhadap Isu Marriage Is Scary," *Pendidikan Dan Pembelajaran Indonesia*, Vol. 5, No. 5 (2025), p. 8.

³⁶ Fadlan Nugroho Nur Pangestu, "Fenomena Childfree Pada Keluarga Mlilenial Dalam Pandangan Islam: Kontroversi Atau Solusi?," *Pendidikan Islam*, Vol. 6, No. 2 (2023), p. 4.

³⁷ Renatha Swasty, "Tren Marriage Is Scary, Dosen Psikologi UNESA Bagikan Tips Agar Tak Khawatir Menikah," *14 Oktober 2024, Dikutip Pada Jumat 14 Mar 2025 10: 13 WIB*, 2024.

³⁸ Jenuri, dkk., "Fenomena Childfree Era Modern: Studi Fenomenologis Generasi Gen Z Serta Pandangan Islam Terhadap Childfree Di Indonesia," *Sosial Budaya*, Vol. 19, No. 2 (2022), p. 10.



CONCLUTIONS

The "marriage is scary" phenomenon and the childfree lifestyle indicate a significant paradigm shift among Indonesia's younger generation regarding the meaning, purpose, and values inherent in marriage and family life. Fear of marriage is not an isolated phenomenon, but rather the result of a complex combination of factors, including persistent social and cultural pressures, increasing economic burdens, uncertainty about the future, rising divorce rates, and a growing awareness of the importance of mental health in relationships. On the other hand, the decision to live a childless or childfree lifestyle is also gaining increasing attention, primarily due to financial reasons, career orientation, personal freedom, mental and physical health, and ecological awareness of the impact of population growth on the environment.

These two issues have become hotly debated in public discourse, primarily because they are perceived as inconsistent with the traditional social constructs of Indonesian society, which still highly upholds religious and cultural values, where marriage and childbearing are considered essential phases in human life. From a religious perspective, particularly in Islam, marriage is understood not only as a social contract or moral obligation but also as a means to achieve the *maqasid al-usrah* (the primary goals of family), such as achieving peace of mind (*sakinah*), love (*mawaddah*), and compassion (*rahmah*). However, fear of marriage and reluctance to have children reflect the need for more comprehensive emotional, financial, and spiritual preparation before someone decides to live a married life.

In responding to this phenomenon, a multidimensional approach is essential so that society does not merely judge from a normative perspective but also understands individuals' backgrounds and motivations more objectively. Therefore, solutions that can be offered include increasing literacy and public education regarding the importance of healthy relationships, communication within the household, mental readiness for marriage, and recognizing the individual's right to choose their own path. Furthermore, more progressive social and cultural reforms are needed that encourage the creation of open, inclusive, and stigma-free dialogue so that society does not unilaterally judge different life choices but instead embraces these differences as richness within the ever-evolving social dynamics. Thus, both marriage and the decision not to have children can be positioned as conscious choices that retain value and meaning without conflicting with the cultural and religious identity of the Indonesian nation.



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