

Meningkatkan Evaluasi Diri dan Eksistensi Diri dalam Menemukan Pasangan Hidup: Perpesktif Maqashid Syariah

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Abstract

The phenomenon of difficulty finding a partner over the age of 30 is a particular concern for both women and men. This study aims to understand and analyze the factors that cause difficulty in finding a partner at a mature and adult age and to find practical concepts to overcome this problem. The results of this study show that there are criteria that must be met by prospective partners, such as background, education, weight, occupation, economic stability, and there are also indications that this difficulty is caused by past trauma, failed relationships, and differences in the requirements desired by families, especially parents. The situation and conditions within the individual concerned should prompt self-evaluation and improvement of their quality of existence in their environment. An important factor that must be done is to increase worship of Allah SWT and strive to improve patterns of behavior and conduct to be more civilized.

Keywords: Soulmate, Evaluation, Self-Existence, Quality, Difficulties

Abstrak

Fenomena sulitnya menemukan pasangan setelah usia 30 tahun menjadi perhatian khusus baik bagi perempuan maupun laki-laki. Penelitian ini bertujuan untuk memahami dan menganalisis faktor-faktor penyebab kesulitan menemukan pasangan pada usia dewasa serta menemukan konsep praktis untuk mengatasi masalah tersebut. Hasil penelitian menunjukkan adanya kriteria tertentu yang diharapkan dari calon pasangan—seperti latar belakang, pendidikan, berat badan, pekerjaan, dan stabilitas ekonomi—serta indikasi bahwa kesulitan ini juga dipengaruhi oleh trauma masa lalu, kegagalan hubungan sebelumnya, dan perbedaan ekspektasi dari pihak keluarga, khususnya orang tua. Situasi dan kondisi yang dihadapi individu tersebut semestinya mendorong dilakukannya evaluasi diri serta upaya peningkatan kualitas hidup di lingkungannya. Langkah penting yang perlu dilakukan adalah meningkatkan ibadah kepada Allah SWT serta berupaya memperbaiki pola perilaku dan sikap agar menjadi lebih beradab.

Kata Kunci : Belahan Jiwa, Evaluasi, Eksistensi Diri, Kualitas, Kesulitan

PENDAHULUAN

Finding a soulmate is an endeavor that should be pursued by evaluating oneself and striving to improve one's quality of life in society. As social beings who build relationships, humans must pay attention to the quality of communication and interaction. Communication plays an important role in conveying love and affection between humans. The need to express one's personality in the search for a soulmate often involves direct and indirect methods, including ta'aruf, matchmaking agencies, and applications. The use of Tinder and matchmaking agencies in finding a soulmate is discussed in articles (Aulia & Agustian, 2024; Azwinda, 2022; Sari, 2023). There are many reasons that cause difficulties and failures in finding a soulmate. Various family conflicts that illustrate the rejection of proposals submitted by men as potential partners are discussed in the study (Susanti et al., 2025). Differences in character and ways of conveying meaning in language in building relationships are often the main causes of failure. Differences in the way communication is expressed to a potential partner often trigger misunderstandings, causing emotional distress and conflict (Khairani & Hanafi, 2025). Failure to get married is a deeply traumatic factor, especially for women, so that in their efforts to find a partner, they are always overwhelmed by worry, prejudice, and fear of failure. Failure in marriage has a negative impact on mental, social, and material wellbeing. Marriages preceded by engagements that have failed require the woman to return the dowry to the man (Analiansyah & Iqbal, 2020). Another trauma stems from the bride's family demanding an expensive and large dowry, which can lead to the cancellation and failure of a marriage. (Alifi, 2017). Physical factors such as obesity are one of the factors that influence the difficulty of finding a partner (Kusumaningtyas, 2019). Difficulties in finding a partner are influenced by high educational attainment, especially among women (Wijayanti & Jatiningsih, 2022). The community's interpretation of unmarried women as old maids creates a stigma that hinders social interaction (Maylon & Primadini, 2025; Pratami et al., 2025). The concept of sekufu in marriage requirements creates problems in choosing a prospective partner (Azhari et al., 2022). The difficulty of finding a soulmate is viewed from the perspective of maqashid syariah, which connects the preservation of religion, soul, intellect, offspring, and wealth. Maqashid syariah has objectives, values, and benefits that will be achieved from a detailed and global perspective of sharia (Fauzan, 2023). The connection between maqashid syariah and finding a soulmate is understanding the search for a prospective partner who should be able to meet the criteria outlined in this discipline. In other words, finding a soulmate must meet the requirements of "Bibit, Bebet, and Bobot," which are almost in line with the achievement of maqashid syariah. The phenomenon of difficulty in finding a soulmate is a daily life problem that must be addressed using the theory of maqashid syariah. In facing situations and conditions that are constantly changing, it is necessary to conduct research to find the context and concept of self-evaluation of the difficulty in finding a soulmate by increasing one's existence in various fields reinforced by the science of maqashid syariah. This research focuses more on analyzing the factors causing difficulties in finding a spouse, ways to overcome or handle these problems in various targeted ways.

METODE PENELITIAN

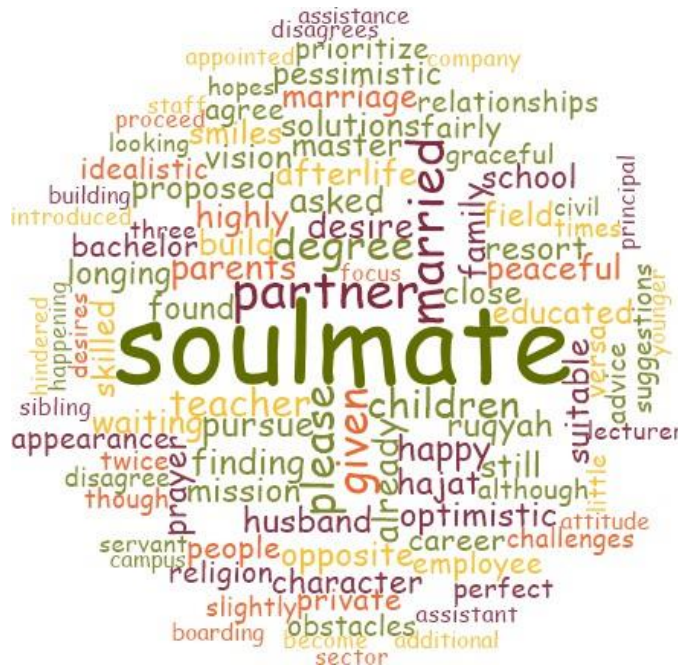
Data analysis and measurement in this study used qualitative methods. The level of explanation included descriptive and the research location was field research. Based on the type and strategy of research discovery, it was classified as phenomenology and case study. Data collection and analysis were carried out simultaneously and repeatedly to obtain saturated data. The accuracy of the interviews was ensured through in-depth, freeform interviews that focused on the complaints of clients at the “Abah” ruqiyah house in Indralaya Mulya and participant observers. The researcher understood the meaning of the events and interacted directly with key informants, often referred to as Abah, and 10 (ten) respondents aged 30 to 40 years. Respondents were selected based on the criteria of age, never having been married, being in a long phase of waiting for a soul mate, and experiencing deep anxiety. In this study, the researcher attempted to enter into the subjective spectrum of people's behavior in order to better understand the ways and meanings constructed around the events (Yusuf, 2017). The researcher examined the phenomenon that appeared as the subject of the study, which was not the researcher's subjectivity. The researcher made every effort to reduce and purify it as much as possible so that it was a true or real picture of the meaning of the phenomenon.

HASIL DAN PEMBAHASAN

The situation of single men and women over the age of 30 has always been and continues to be the subject of cynical scrutiny from society. Social psychological pressure and stigma from society result in poor psychological conditions. Meanwhile, the existence of single men and women of mature age in society is greatly influenced by internal and external factors. Internal factors occur due to heartbreak, trauma, lack of confidence, and feelings of uselessness to their environment. Meanwhile, external factors occur due to broken homes and pressure from families, which play a significant role in human life.

Humans really need to develop and actualize themselves in society as a means of learning sociology by developing several aspects, including cognitive, affective, and psychomotor aspects. The increasing number of single men and women in Indonesia has led to negative stigma related to single identity, mental state, and methods of coping with pressure and stigma. The terms used to refer to single men and women, namely Bujang Lapuk and Perawan Tua, dominate closed-mindedness, which affects their mental state, making them feel lonely, sad, and depressed. Efforts to overcome these psychological pressures require strategies to maintain a positive identity as single men and women by taking positive meaning from existing status values and avoiding situations that cause negative stigma, then surrendering one's destiny to Allah SWT.

From the results of in-depth interviews, word frequency was obtained and displayed in a word cloud using the N-Vivo 12 Plus application, which is summarized as follows:



Word frequency shows that the dominant words that frequently appear in the interviews are: "Soulmate," "Marriage," "Character," "Pessimism," and "Ruqiyah," which describe the efforts of singles to find a soulmate and get married, but the pessimism that arises from failure makes it difficult to find a soulmate. The bad character traits found in potential partners are often a factor in the failure to continue the relationship into marriage, so the desire to find a soulmate encourages people to perform ruqiyah in order to cleanse themselves, reflect, and get closer to Allah SWT.

Allah SWT's destiny is the best plan for His servants by bringing them their soulmates at the right time. All efforts made by humans to hasten finding a soulmate will not be realized without the blessing of Allah SWT. The role of parents is crucial in finding the right soulmate because Allah SWT's blessing is the blessing of the parents, especially the mother. The way singles treat their parents must be improved by honoring them. Introspection or self-reflection involves evaluating one's behavior and actions to enhance one's existence and quality, thereby securing the best partner according to Allah SWT's destiny. A noble intention accompanied by sincere intentions will lead to the best destiny. Observations and interviews revealed several diverse obstacles or barriers that singles often face in developing serious relationships, namely:

Kendala dan Karakter Para Lajang dalam Membina Hubungan yang Serius

No.	Challenges and Characteristics of Singles in Building Serious Relationships	Character Traits That Should Be Improved
1	Lack of confidence due to age	Too Independent
2	Past failure trauma	Selfish
3	Traumatic divorce of parents and surrounding	Dominant

	environment	
4	Concerns about the marriage process	Ambitious
5	Closing oneself off	Underestimating a potential partner

A detailed explanation of the obstacles that must be overcome and the character traits that need to be changed for the better is presented in the Discussion section.

Some solutions and suggestions that can be implemented before Allah SWT brings you together with your true soulmate are as follows:

Solutions and Advice for Singles in the Context of

No.	Solution	Recommendations
1	Filling time by improving education and knowledge.	Do not set expectations and criteria for an ideal and near-perfect partner.
2	Expanding friendships and good, purposeful social interactions.	Accepting your partner's shortcomings by complementing them with your own strengths.
3	Improve yourself by choosing a better social environment.	Get closer to Allah SWT, increase sunnah prayers, pray and recite zikr.
4	Choosing more positive and beneficial activities	Self-reflection.
5	More often attending religious studies	More oriented towards Maqashid Sharia: prioritizing religion, soul, morals, offspring, and wealth.
6	Attending a matchmaking gathering for the purpose of getting to know each other.	Always think positively that your soulmate will come at the right time.

KESIMPULAN

In finding a soulmate that meets one's expectations and Islamic law, there are always obstacles, barriers, or challenges. However, with solutions to improve and reflect on oneself, such as evaluating and enhancing one's existence, one can get closer to their true soulmate. Changes in attitude and behavior greatly influence the presence of a serious prospective partner for marriage. The process of seeking and finding a spouse is closely tied to the principles of Islamic jurisprudence (maqashid syariah), which aim to preserve religion, life, intellect, lineage, and wealth. Several solutions and recommendations have been outlined in the Results section as part of the effort to find the best spouse and draw closer to Allah SWT's best destiny.

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