

## ABSTRACT

**Constantine Alfarinda Hygieta.** *Design and to implementation psychology training modules to improve marital adjustment based on the style of conflict resolution at Catholic couples with marriage ages 1-2 years. The design of training modules are preceded with the measurement of conflict resolution styles and marital adjustment level of Catholic couples marriage age of 1-2 years. Assessment conducted to determine how the influence of each conflict resolution style toward marital adjustment of Catholic married couples and the description level of marital adjustment on each individual's style of conflict resolution. Conflict resolution style which used, based on conflict resolution styles from Kurdek (1994), there is conflict engagement, positive problem solving, withdrawal and compliance.*

*The research method used by a descriptive study with quantitative approach. Measurements using instrument Conflict Resolution Style Inventory (Self-Report Partner Reports) to the style of conflict resolution and The Dyadic Adjustment Scale for marital adjustment. The research subject is taken based on the criteria that have been determined based on purposive sampling technique, referred to as the sample of non chance because the researchers had no idea the amount of the population. The data which obtained were processed using a Simple Regression test of statistics to determine how the influence of each conflict resolution style toward marital adjustment and descriptive statistics to determine the level of marital adjustment.*

*The results both of self-report and partner-report shows the positive problem solving of conflict resolution style has a positive effect towards marital adjustment. Its means, more married couples use those positive problem solving of conflict resolution style, then the marital adjustment is high. Whereas the style of conflict resolution engagement, withdrawal and compliance have a negative effect on marital adjustment. It means, more couples use those conflict resolution style, then the marital adjustment low. Next results showed no differences on the level of marital adjustment of husbands and wives in use of positive problem solving and conflict engagement, withdrawal and compliance. Other results showed that the age at marriage, marriage age 1-2 years, and the presence of children had negative affects toward the level of couples marital adjustment. Training modules designed to enhance skills in using positive problem solving in resolving problems and conflicts that lead to better marital adjustment and is intended for couples who had been married 1-2 years. The evaluations of try out result shown that the modules of the training and the training was still have many lacking, because of that needed to improvement the modules and the training on the content of the modules, the materials, time, duration, and the facilitator skill.*

**Keywords:** *conflict resolution style, marital adjustmen, Catholic marriage couple, modules,treatment, and training.*