

Perceptions of Injustice in Wives' Dual Roles and Divorce Petitions: A Communication Study in Modern Families

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Abstract

Women who take on dual roles as both homemakers and breadwinners often face unequal burdens within the structure of modern families. While modernization has opened up space for women's participation in the public sector, traditional expectations regarding domestic responsibilities remain deeply rooted. This study aims to understand the perception of injustice in the dual roles of wives and its impact on decisions to file for divorce initiated by women. Using a qualitative approach, data were collected through in-depth interviews with women who experience dual roles and face divorce, supported by a literature review. The findings reveal that perceived injustice arises when husbands do not share domestic responsibilities, even when their wives also work outside the home. This imbalance creates tension in the household, especially when coupled with poor communication, lack of empathy, and third-party influences such as extended family. However, the study also highlights that a commitment to sharing responsibilities, honest communication, and flexibility in role-taking can serve as key factors in maintaining family cohesion. The research emphasizes that in modern families, role distribution should be based on equality and mutual understanding, rather than traditional gender constructs. Therefore, it is crucial for couples to build healthy communication and shared commitment to ensure that dual roles do not become a source of conflict leading to divorce.

Keywords: Dual roles, divorce petition, injustice, family communication.



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INTRODUCTION

For women, taking on dual roles is not an easy task and often not a matter of free choice. However, in line with the current of modernity, these dual responsibilities have become a space of negotiation for women in managing multiple simultaneous tasks, including their role as housewives. In many cases, the economic demands of the family are the main reason why women eventually assume dual roles both as household managers and income earners. On the other hand, increased access for women to participate in the public sphere has also broadened their opportunities to determine the roles they undertake, whether remaining in the domestic sphere, entering the public sphere, or navigating both simultaneously.

Historically, women were positioned within traditional roles limited to reproductive functions, household management, and supporting their husbands' careers. At that time, it was believed that women did not need higher education or employment outside the home. Their lives were confined to the domestic sphere under the pretext of preserving family honor, while the public sphere was largely dominated by men. Cooking and managing the household were considered women's primary duties, and upon marriage, their responsibilities expanded to include caring for their husbands and children. However, over time, women's roles have undergone a significant shift from traditional roles toward more modern and inclusive participation across various sectors of life(Istiqomah, 2022).

The majority of Indonesian society views women's roles as closely tied to their position and responsibilities within the family sphere. However, at the same time, there is also increasing demand for women to participate in the public sphere or outside the home. As a result, the dual roles carried out by women have become a significant issue of concern, particularly when linked to their position and responsibilities within the family structure.

In the current era of modernization and globalization, women have greater opportunities to actively participate in various aspects of societal life. Their roles, which were previously confined to the domestic sphere as housewives, have significantly evolved, allowing women to engage in the workforce on an equal footing with men. This shift has also influenced society's perspective on the roles and responsibilities of women, both within the family and in the public sphere. As a result, many women today carry dual roles: managing household responsibilities while also working in the public sphere (Jannah, 2020).

In the mindset of Indonesian society, married women are expected to prioritize their families. As a consequence, many married women are required to perform dual roles — as both workers and household managers(Rahmanita, 2022). Utaminingsih and Ulfah(Utaminingsih, A., Ulfah, I. F., & Lestari, 2020), This illustrates that Indonesian society still adheres to gender stereotypes, where men are seen as the primary breadwinners and are not expected to possess skills in managing household tasks. In contrast, women are perceived as emotionally fragile and therefore are primarily assigned domestic responsibilities after marriage.

Over the past few decades, there has been a significant shift in social dynamics and the position of women in society. Growing awareness of gender equality and changing social norms have encouraged broader participation of women in the workforce, including in the pursuit of professional careers. Nevertheless, domestic responsibilities generally remain a primary burden borne by women. This condition reinforces the reality of the double burden, where women must balance the obligations of being both professional workers and household managers. The phenomenon of dual roles has become an important topic in sociology and gender studies, given the social complexities women face in meeting the demands of both roles simultaneously(Dimas Arsy Yanto et al., 2023).

The current condition of Indonesian society shows that predictions about women's ability to take on roles in various sectors of life are beginning to materialize (Zaitunah Subhan, 2004). When women successfully penetrate the public sphere in a significant way, it

is seen as an important achievement in national development(Faiqoh, 2001). This success reflects that the progress of development cannot be separated from the active contributions of both men and women as agents and beneficiaries of development. Furthermore, the transformation of women's roles in the present era can be categorized into two main groups: those who enter the public sphere as a form of self-actualization, and those who do so to meet economic needs(Daulay, 2020).

The emergence of women's dual roles cannot be separated from the spirit of struggle and the desire of women to continue advancing and developing. One of the main driving forces behind this is the aspiration to break free from the dominance of patriarchal culture, which has been deeply rooted since the pre-independence era and still persists today(Peter Salim, 1997). From a feminist perspective, the dual role is often understood as part of a double burden—a condition in which women face excessive demands due to the rigid assignment of productive roles to men and reproductive roles to women. This imbalance leads to an unequal division of labor. The dual role also reflects gender injustice, as women are frequently required to shoulder multiple layers of responsibility. The perception that women are nurturing and meticulous further reinforces the belief that they are unfit to be heads of households, resulting in domestic work being constructed entirely as the responsibility of women.

The phenomenon of the dual role of wives in modern family life reflects the complexity of women's roles, which are no longer limited to the domestic sphere but also extend into the public sphere as breadwinners. When these responsibilities are not supported by a fair distribution of roles with their partners, inequality arises, leading to physical and emotional strain. As a result, many women experience fatigue, dissatisfaction, and tension within the household. In many cases, such conditions prompt women to file for divorce as a form of resistance against structural injustices in the family. This highlights that perceptions of fairness and effective communication within the family play a crucial role in maintaining household harmony and marital sustainability.

Amidst the ever-evolving social dynamics, the role of women within both the family and society has undergone significant transformation. Whereas women were once primarily positioned as child caregivers and companions to their husbands, an increasing number now also participate in the public sphere as workers or professionals. This shift is largely attributed to greater access to education and economic opportunities for women. As a result, many women today carry out dual roles: they continue to fulfill domestic responsibilities such as managing the household, while also contributing economically through employment outside the home. This reality has become increasingly common, especially in urban areas, where financial demands and the desire for personal development are major driving factors.

The term "career woman" is often used to describe women who work, particularly those with a steady income and specific professional positions. However, not all working women can be classified as career women. Many women work simply to support their family's finances, without pursuing a particular career path. Regardless of their motivation, women's participation in the workforce has a positive impact—not only economically, but also in raising awareness of their roles and positions in society. Through employment, women not only earn an income but also build self-confidence, broaden their perspectives, and strengthen their bargaining power both socially and within the family. Therefore, it is essential for women to continue developing their skills and self-confidence in order to navigate dual roles in a balanced and empowered manner.

RESEARCH METHODS

This research employs a qualitative approach with data collection methods that include in-depth interviews and literature review. The qualitative approach is chosen because it allows the researcher to deeply understand the meanings, perceptions, and individual experiences within a complex social context. According to Moleong(Moleong, 2017), the qualitative method is a research procedure that produces descriptive data in the form of written or spoken words from the observed subjects.

Data collection was carried out through semi-structured interviews with several informants relevant to the topic, in order to explore their views and perceptions regarding the dual role of wives and its relation to the phenomenon of divorce initiated by women. In addition, this research is also supported by a literature review sourced from various academic references, such as journals, articles, books, and previous research reports. The literature review serves as a conceptual and theoretical foundation to understand the context, support field findings, and provide a comparative perspective on the results of this study.

As stated by Pitaloka (Pitaloka et al., 2021), The literature review serves as an effective means of addressing research problems, as it constitutes a collection of knowledge derived from previous studies conducted by various parties. By combining interviews and literature studies, this research is expected to generate a comprehensive understanding of the perception of injustice in the dual roles of wives and how this may influence the decision to file for divorce in the context of modern family life(Purwati et al., 2022).

RESULT AND DISCUSSION

Public perception of working women has begun to shift in recent times. Women's activities in the public sphere are now seen as commonplace and no longer considered problematic(Biroli & Satriyati, 2021). Nevertheless, working women still face the challenge of a double burden. This is due to the persistent dominance of a patriarchal social system, making gender inequality a continuing and tangible issue.

In recent decades, economic development has progressed significantly. This condition has encouraged women to participate in supporting their family's financial needs. Today, women's presence in the workforce is no longer widely questioned. Traditional boundaries that once divided roles between men and women in the workplace are gradually fading, especially amid the rapid advancement of science and technology. Women are now capable of performing various tasks and activities that were previously more closely associated with male roles.

However, behind this progress, women are often still burdened with full domestic responsibilities, without a balanced redistribution of roles within the household. This gives rise to the issue of inequality in women's dual roles. Women are not only expected to contribute economically through work outside the home, but also continue to bear the primary responsibility for household chores and child-rearing. This imbalance in roles becomes one of the triggers of tension in marital relationships, which may eventually lead to divorce.

Data from the Central Bureau of Statistics (BPS) shows that throughout 2024, there were 394,608 divorce cases in Indonesia. Of this number, 308,956 cases—or approximately 78.3%—were *cerai gugat*, meaning divorces filed by the wife(Shahibah, 2025). Meanwhile, only 85,652 cases—or 21.7%—were *cerai talak*, or divorces filed by the husband. This figure indicates a growing trend of women choosing to end their marriages, which can, in part, be linked to the burden of dual roles that are perceived as unfair and unsupported by their partners within the household.

Although the number of divorces filed by working women is relatively high, in reality, many women are able to manage dual roles effectively while maintaining the unity of their households. Many of them have succeeded in preserving family harmony for decades of

marriage. This indicates that the success of a household is not solely determined by a woman's employment status, but also by the commitment and cooperation between both partners. Building a harmonious, resilient, and lasting family requires a joint effort from both husband and wife. Balance in roles, healthy communication, and mutual understanding are key elements in maintaining family resilience amid the demands of modern life.

Dual Roles of Women and Internalized Mental Burden

Women in modern families are not only responsible for domestic affairs but are also actively involved in the public sector and contribute significantly to the family's economic stability. However, this reality is not always accompanied by a fair distribution of roles within the household. Many women experience an unequal double workload, even when their husbands are also employed. This imbalance is further exacerbated by long-standing norms and values instilled since childhood, which dictate that domestic duties are solely the wife's responsibility.

“Women in modern families are not only involved in domestic affairs but are also active in the public sector and contribute to the family’s economy. However, this reality is not always accompanied by a fair division of roles in the domestic sphere. Most women experience an unequal double workload, even when the husband also works. This is exacerbated by norms and values instilled since childhood that consider household duties entirely the wife’s responsibility.”

Although there are couples who have begun to adopt a more equal division of roles, such experiences remain in the minority. When dual roles are not balanced with emotional and physical support from the partner, women tend to feel psychologically exhausted and harbor feelings of being unappreciated. The accumulation of these emotions often becomes a trigger for the desire to leave a relationship perceived as unfair.

The presence of women has a significant impact on various aspects of life, both on themselves and their social environment, including their families, communities, and contributions to the nation and state(Marta et al., 2021). The role of women today is no longer limited to the domestic sphere, but is increasingly needed in the public domain as well. According to data from the Central Statistics Agency (BPS), in 2018 the male population in Indonesia reached 134 million, while the female population stood at 131.9 million. With this composition, women's participation in the labor sector cannot be overlooked. Women make a tangible contribution to national development, on par with men(Banjarani & Andreas, 2019).

The state has made efforts to reduce unequal treatment of female workers in Indonesia through various regulations and public policies. One such effort is Law Number 13 of 2003 on Manpower, in which the government guarantees that every worker has the same rights and equal opportunities without discrimination. This is in line with the agenda of the Sustainable Development Goals (SDGs), which promote gender equality and the empowerment of women. The formulation and enactment of this policy aim to uphold human rights and support women in becoming more empowered in various roles. However, in terms of implementation, many companies in Indonesia still fail to fully provide the rights of female workers as stipulated in existing laws and regulations(Banjarani & Andreas, 2019).

Previous studies have shown that women's roles in managing household affairs are often not considered contributions to the economic sector. As a result, domestic work performed by women is not recognized as part of productive activity. Consequently, women's work is still frequently viewed as inferior to that of men. In the professional workforce, managerial positions and strategic roles continue to be largely dominated by men(Sany et al., 2020). Men tend to occupy jobs in professional fields (Prasetyono, Dwi Wahyu, Endik Hidayat, Rustono Farady Marta, Laurencia Steffanie Mega Wijaya Kurniawati, 2020),.

Meanwhile, women often choose part-time jobs or even step back from their careers in order to fulfill their roles as wives and mothers (Gita Aprinta E.B, 2020).

Rudman in Ulfiah (2010) It is explained that women who act outside traditional gender norms often receive negative views from society. When women display leadership styles that differ from traditional gender stereotypes, even though they are competent, they are still perceived as less socially attractive. This contrasts with men, who are still considered competent and liked even when exhibiting assertive styles.

Other research reveals that the number of women who feel a vocational calling in their work is much lower compared to men. Hoyt and Murphy (in Ulfiah, 2010) link this to gender stereotypes that consider leadership roles as incompatible with women's characteristics. This culture, which restricts women's mobility, ultimately influences how they view themselves as leaders. Such stereotypes can have serious consequences, including decreased performance and unwillingness to identify with leadership roles (Tumakaka, 2012). In the context of the household, collaboration between women and men can potentially result in women bearing a dual role (Mardiah & Zulhaida, 2018). Based on the above explanation, it can be concluded that gender stereotypes arise from cultural constructions attached to the differing social roles of men and women. Therefore, when someone stereotypes an individual or group, it is usually based on judgments about certain social categories shaped by prevailing cultural norms.

Role Imbalance and Communication in the Household

Role imbalance in the household fundamentally arises when the distribution of responsibilities among family members does not function as expected. In traditional family structures, the husband is generally positioned as the head of the family, while the wife takes on the role of managing the household. The husband's role as the head of the family requires him to provide income, protection, and care for all family members. Consequently, the husband often holds greater authority, especially in decision-making related to household matters(Andriani, 2020).

Meanwhile, the wife's responsibilities are more focused on daily domestic affairs. To fulfill their respective roles, the husband is expected to provide protection for his wife, while the wife is expected to show obedience to her husband. This pattern of role division generally stems from interpretations of religious teachings and cultural values that are prevalent in society.

The increasing number of divorce petitions (cerai gugat) in religious courts is influenced by several factors, including spiritual and emotional aspects, economic conditions, education levels, and social changes within society. Along with improved access to education for women, legal awareness has also increased, including greater opportunities for careers in the public sphere (Andaryuni, 2017). Research by Merry Triana (2017) also notes a shift in societal views toward women who choose to divorce, with negative stigma gradually decreasing. Additionally, economic reasons, lack of responsibility from partners, and unresolved domestic conflicts remain dominant causes of divorce. Syaefullah (2017) and Arlinta P.D. (2019) reveal that income inequality between husband and wife has a strong correlation with the rising cases of divorce petitions, especially in-migrant families or those involving female migrant workers.

However, economic inequality is not the only trigger. Other factors include the husband's inability to manage household finances, interference from the husband's family in financial matters, the husband's lack of involvement in child-rearing, and instances of infidelity by either the husband or wife, often exacerbated by long-distance relationships, all of which also contribute to the occurrence of divorce.

Although many divorces are filed by working women, quite a number of women are able to maintain the integrity of their families despite bearing the dual burdens of being a

wife, mother, and breadwinner. Family resilience in such situations greatly depends on the active efforts of both partners, including emotional management, open communication, and fair division of roles within the household.

Based on an interview with a female informant who has been married and personally experienced the pressures of being a woman with dual roles, it was revealed that one of the most influential keys to maintaining household harmony is communication. The informant explained that deeply rooted doctrines in patriarchal society often create silent perceptions in the husband-wife relationship. A tired and overwhelmed wife feels she does not need to express her complaints, while the husband harbors dissatisfaction, feeling that his wife does not serve him adequately. This leads to latent conflicts that are never truly resolved, but continue to accumulate and eventually cause the relationship to break down.

"All problems stem from communication. If even small dissatisfactions were expressed and received well by the partner, there would be mutual understanding," said the informant. From her personal experience, she emphasized that communication should never be taken lightly. Even the smallest matters need to be discussed to avoid misunderstandings. The lack of initiative or sensitivity from either party can also be improved through open communication."

Besides communication issues, the imbalance in the division of domestic roles became an important topic in the interview. Although the informant also contributed economically, she admitted that the majority of domestic responsibilities still fell on the wife. According to her, this is tied to the natural role of women being more dominant in family matters. However, she also emphasized that this arrangement can only work well if there is support from the partner and clear communication.

Another challenge faced by women in managing dual roles lies in the aspects of time, energy, and mental health. The informant mentioned that the mind of a working mother is not only filled with household chores but also professional pressures outside the home. Therefore, she emphasized that support from the husband, family, and surrounding environment plays a crucial role in maintaining balance between these roles.

When this imbalance persists without equal efforts to resolve it, the informant asserted that working women who feel economically independent may no longer feel the need for their husband's presence in their lives. In the long term, women may feel capable of standing on their own, both emotionally and financially, which ultimately leads to decisions to file for divorce.

In the same interview, the informant also conveyed those fundamental violations such as infidelity, involvement in drugs, gambling, or the husband's lack of economic responsibility are common reasons behind decisions to file for divorce. However, beyond these factors, poor communication and unfair division of roles are often overlooked as primary causes, even though both significantly influence the sustainability of the household.

One of the determining factors for whether a marriage can endure or not is the quality of communication between partners. Interview results show that open and equal communication is the key to resolving household issues, especially when both face the pressures of dual roles. Conversely, blocked or nonexistent communication leads to feelings of being misunderstood and accumulating emotional dissatisfaction.

"All problems stem from communication. If even the smallest things are expressed and heard, mutual understanding will emerge. If things are left unspoken, each partner ends up feeling that the other doesn't understand them and isn't capable of being a good life companion."

Furthermore, the informant revealed that in many cases of divorce initiated by women, the decision is not a spontaneous reaction but rather the result of accumulated injustices that

were left unresolved. Women feel unheard, unloved, and no longer have hope in the marriage they are in.

“Feeling unheard, unloved, and seeing no future—these are the reasons that ultimately lead women to choose divorce.”

Although the pressures of dual roles and poor communication can lead to divorce, not all women choose to give up. Many remain committed and continue to fight alongside their partners, driven by mutual understanding and a shared commitment to share the burdens. Honest communication, flexible role acceptance, and a mutual desire to preserve the family become the main supporting factors.

In a study conducted by Tifanny Sutarman, Hanifatulholihah, Hana Panggabean, Rustono Farady Marta, and Laurencia Steffanie Mega Wijaya Kurniawati (Tifanny Sutarman, Hanifatulholihah, Hana Panggabean, Rustono Farady Marta, 2024), it is stated that women face unique challenges in the workplace due to strong gender stereotypes embedded within Indonesia's patriarchal culture. These stereotypes create invisible barriers known as the glass ceiling, which hinder women from obtaining equal opportunities in leadership positions. These obstacles stem from both internal factors, such as self-concept, and external factors, such as dual roles and the dominance of patriarchal values. The impacts include a tendency for companies to favor men for top positions, discrimination in recruitment processes, and workplace cultures that underestimate women's capabilities.

CONCLUSIONS

This study reveals that the perception of injustice regarding the wife's dual role is a significant factor contributing to the rise in divorce initiated by women in modern families. Role imbalances—particularly when wives contribute financially but are still solely responsible for domestic duties—reflect a lack of mutual understanding in the marital relationship. This injustice stems not only from the pressures of traditional roles shaped by patriarchal culture but also from poor communication, lack of financial responsibility from the husband, and third-party interference such as extended family involvement.

However, the study also highlights that the key to sustaining a household amid dual roles lies in a shared commitment to distribute responsibilities, honest communication, flexible role acceptance, and a collective spirit to preserve family unity. In modern dual-income families, the division of roles is no longer viewed solely as the wife's burden but as a form of equitable cooperation between husband and wife. Thus, a fair relationship and healthy communication become essential foundations for preventing tensions that may lead to divorce.

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