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## Social Media Factors on Fear of Marriage in Generation Z: Literature Review Systematic

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### ABSTRACT

Research purposes This For analyze impact of social media to emergence phenomenon afraid will marriage among Generation Z through approach literature systematic. In the digital era 4.0, social media has become the main platform in to form perception and patterns think, especially regarding with institution marriage. The phenomenon of "Marriage is Scary" that emerged on social media platforms show existence improvement fear among generation young to commitment marriage, which is triggered by various factor such as past trauma, uncertainty about the future, stress social, concerns lost freedom, and anxiety to change life. Research This analyze five articles scientific selected of the total 15 that have been traced using Google Scholar in 2021–2024. The results of the analysis show that social media No only functioning as a medium of distribution narrative negative about marriage, but also strengthens inhibiting perception readiness marriage among Gen Z. Therefore that, is needed effort digital literacy as well as distribution content positive that can balancing narrative and shaping healthy outlook about institution wedding.

*Keywords : Social media, Fear of Marriage, Generation Z*

### Background

In the era of digitalization 4.0, development technology has bring transformation big in various aspect life, including economic, social, and cultural (Azhar, 2023). progress technology This present various digital platforms such as WhatsApp, YouTube, Facebook, Instagram, and TikTok, which provide convenience for user For communicate, share information, and access content from all over all over the world. Social media is basically play a role as an effective platform For express aspirations, creativity and potential (Nyssa, 2022). Development digital technology has Lots bring change big in pattern think and behavior society, especially the younger generation young moment This. Development technology rapid information and communication making the digital world a room main for teenager in look for information and interact everyday. Generation Z is generation that really takes advantage technology For collaborate, communicate, and share. The phenomenon of fear of marriage that has emerged in generation young, especially Generation Z, increasingly strengthening in the digital era. Popular trends on social media, with term like "Married is Scary," which shows afraid will institution wedding Because various factors such as afraid will couples and conflict House ladder etc. In the Umsida.ac.id article, expert [psychology department](#) of Muhammadiyah University of Sidoarjo (Umsida), Ghozali Rusyid Affandi SPsi MA explained in draft psychology afraid somebody to wedding That No Can sorted in a way tight. It could be influenced by self yourself, the environment, and social media. Lately, it's been buzzing on social media about the trend of "Marriage *is Scary*". Plus again, there is a number of *influencers* who experience problem family until Domestic Violence (DV). Incident That Of course ignite various reaction netizens.

### Method

Study This use method study review library. Review library is description about theory, results and documents study others obtained from search reference For made into base activity study in develop thinking critical from formulation problems and issues the topic being researched. In the research This data source comes from from a number of article national and international with search using the Google Scholar database, in 2021-2024. The keywords used namely "social media", "fear of marriage" and "generation Z". Furthermore done election article with criteria that have been determined so that 15 articles were obtained. Then done elimination article with choose relevant articles content and obtained 6 articles For analyzed. While 9 articles other eliminated Because the discussion not enough complete and lacking appropriate results and discussion.

## Results and Discussion

Based on results search library through publication article scientific , following This a number of article previously presented as data source for studies study :

No	Title	Author / Year	Method	Results
1.	Marriage Readiness and Fear of Commitment in Unmarried Young Adults	Nida Muthi Annisa, Cahyaning Widhyastuti , Cyndi Fiolandha Hermawan, Amos, Muhammad Novan Rhamdani Nahrudin (2024)	Design: Quantitative correlational	Research result : Significance : $p = 0.000$ ( $p < 0.05$ ) hypothesis accepted , Coefficient correlation : $r = -0.288$ ( category low / weak ), Interpretation : The more tall readiness marriage , increasingly low afraid committed to adulthood the beginning that has not been Marry
2.	Influence TikTok Application Against Faithfulness in Marriage : Between Entertainment and Betrayal	Lazarus Satya Priyambada & Agnes Dwi Rahayu (2025)	Approach : Qualitative , study literature	Using TikTok can reduce interaction between couple , worsen tension and jealousy , and neglect not quite enough answer family , potential dissatisfaction and divorce . Theological studies ( Scripture & Canon Law ) emphasize importance commitment holy . Recommendation Practical : Upgrade communication open , Set limitation use of social media , Strengthen values faith in connection .
3.	Study of the “Marriage Is Scary” Phenomenon in Generation Z	Kania Dewi Tirta & Sinta Nur Arifin (2025)	Approach : Qualitative phenomenology	Factors afraid married in Generation Z : Desire postpone for career & exploration identity , Concerns will lost freedom and failure connection  Proposed solution : Sex education comprehensive , Counseling premarital , Spread content positive about marriage on social media , Creation environment supportive family .
4.	Marriage is Scary Trend According to Psychology Experts Umsida	Romadhona , S. (August 19, 2024)	Qualitative Approach Interview	Experts explain six factor The main trigger for “Marriage is Scary”: Fear will failure married (trauma from parental divorce or experience negative nearest ), Uncertainty of the future (feeling of have a future bright ), Pressure fulfil hope

				social ( must) fulfil expectation family ), Fear lost freedom ( worry bound in commitment term long ), Fear will change life ( change roles and responsibilities answer after married ), Reasonable Not yet ready ( postpone Keep going until “ really Ready ”).
5.	#MarriageisScary Narrative Analysis : A Case Study of Social Media's Influence on Marriage Decisions	Sulistiana Makrifatin & Alifia Risalatussihyam (Conference Proceedings INCOILS, 2024)	Qualitative ethnography	Public infidelity cases give rise to reaction affective (1.3 million likes, 173 thousand comments ) and responses behavior in the form of be careful in choose couple . TikTok highlights unpreparedness role in House ladder trigger discussion “ mutually” prepare self ” and egalitarianism role husband and wife .  violence domestic and expectations gender roles , giving rise to pro comment “ more Good yourself ” or invitation alert in communication partner .
6.	Analysis of the Marriage is Scary Phenomenon Among Generation Z: A Perspective of Islamic Law Sociology.	Dwi Oktaviani , Krismono ( <i>Journal of Sharia and Humanities</i> , Volume 4, Number 1) (2024)	Qualitative : Descriptive-analytical	The phenomenon of “Marriage is Scary” shows existence shift paradigm social . Generation Z is increasingly skeptical to institution wedding Because various pressure , especially from experience social and economic . Perspective sociology Islamic law is considered important For formulate a more legal strategy responsive to dynamics the .

## Discussion

Analysis of the factors that cause social media to cause fear of marriage in Gen Z a number of The causes of Fear Of Marriage which is trending with marriage *is scary* are :

1. Afraid will failure married , maybe from past trauma or experiences of people closest to you like when somebody see his parents divorce , thing That will the more strengthen his fear For married . On the other hand , the influence environment and social media Can impact negative to wedding .
2. Uncertainty about the future . Somebody consider himself No have a bright future so that He Afraid For married . Well many examples on social media that illustrate how the complexity A marriage . It's getting become problems somebody when will married and gave birth thought bad , social media and the environment should be to balance phenomenon So besides that , describe side bad wedding , but also displays positive thing . It has an effect to people who often see it .

3. Pressure For fulfil hope social . social expectations That regarding with hopes his family . When he got married , he must fulfil needs certain .
4. Afraid will lost freedom . They are afraid. not Can relate with others, anxiety will commitment term length and uncertainty financial . For someone who wants freedom consider A wedding That as a serious threat . He feel threatened when He own the couple who bind him . That , can become a pressure will existence freedom individual For choose For No married , or own partner without married , even choose Bachelor lifelong life .
5. Afraid will change life . For example , someone who previously operate activity daily alone , then he must in pairs until to care for children . They are worried will something that has an impact term long in his life .
6. Quibble Not yet Ready when okrang Keep going postpone wedding until truly ready , can confirmed that No There is someone who is said Ready For married . No matter how much his age they will still experience anxiety about wedding .

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## Conclusion

Social media own a very important role in to form afraid to marriage among Generation Z. The Phenomenon This appear consequence various factors , including past trauma like parental divorce , uncertainty of the future , stress social , concerns lost freedom , anxiety will change live , and assumption that they ' haven't ready for married . Content negative and trends on social media , such as ' Marriage That Scary ' , also strengthens view negative to marriage . Therefore that , is very important For increase media literacy and dissemination content balanced positive , so that Generation Z can own a realistic and healthy view about institution wedding .

## Literature

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