

HUBUNGAN ANTARA KEMATANGAN EMOSI DAN KECENDERUNGAN PERILAKU BERSELINGKUH PADA INDIVIDU MENIKAH

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ABSTRAK

Penelitian ini bertujuan untuk melihat hubungan antara kematangan emosi dan kecenderungan perilaku berselingkuh pada individu menikah. Hipotesis yang diajukan dalam penelitian ini adalah ada hubungan negatif antara kematangan emosi dan kecenderungan perilaku berselingkuh pada individu menikah. Penelitian ini merupakan penelitian kuantitatif dengan metode analisis korelasi *one tailed* yang dikalkulasi dengan program SPSS for Windows 23. Subjek dalam penelitian ini berjumlah 180 orang yang sudah menikah. Teknik pengambilan sampel menggunakan teknik *purposive sampling* dan *convenience sampling*. Alat ukur yang digunakan dalam penelitian ini adalah skala kematangan emosi dan skala kecenderungan perilaku berselingkuh. Skala kematangan emosi memiliki koefisien reliabilitas sebesar 0,874, dan skala kecenderungan perilaku berselingkuh sebesar 0,951. Teknik analisis data menggunakan uji korelasi *Spearman's Rho* karena sebaran data bersifat tidak normal. Penelitian ini menghasilkan nilai korelasi $r = -0,435$ dan nilai signifikansi $p = 0,00 < 0,05$. Hasil ini menunjukkan terdapat hubungan negatif signifikan antara kematangan emosi dan kecenderungan perilaku berselingkuh. Hal itu berarti bahwa semakin tinggi tingkat kematangan emosi, maka semakin rendah kecenderungan perilaku berselingkuh pada individu menikah.

Kata kunci : kematangan emosi, kecenderungan perilaku berselingkuh, individu menikah

CORRELATION BETWEEN EMOTIONAL MATURITY AND TENDENCY TO INFIDELITY BEHAVIOR IN MARRIED PEOPLE

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ABSTRACT

The aimed of this research was to know the correlation between emotional maturity and the tendency to infidelity behavior in married people. The hypothesis was a negative correlation between emotional maturity and the tendency of infidelity behavior in marriage people. The type of this research was quantitative using correlation as analysis method which calculated by SPSS for Windows 23. There were 180 subjects who currently marred. Sampling technique were purposive sampling purposive sampling and convience sampling. Data instrument be used were the scale of emotional maturity and the tendency of infidelity behavior. The reliability coefficient of emotional maturity scale was 0,874 and the reliability coefficient of the tendency to infidelity behavior was 0,951. The technique of analysis data being used was Spearman's Rho correlation test because data on variables were not normal. The result showed that the value of Spearman's Rho correlation test was $r = -0,435$ with significance level $p = 0,00 < 0,05$. The result indicate a negative correlation between emotional maturity and the tendency to infidelity behavior in married people. It was means that the higher level of emotional maturity, the lower tendency to infidelity behavior in married people.

Keywords : emotional maturity, tendency to infidelity behavior, married people