

HUBUNGAN ANTARA KELEKATAN AMAN DAN PENYESUAIAN DIRI MAHASISWA RANTAU DI UNIVERSITAS SANATA DHARMA

Agata Marinta Krisjayanti

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara kelekatan aman dan penyesuaian diri mahasiswa rantau di Universitas Sanata Dharma. Hipotesis yang diajukan dalam penelitian ini adalah ada hubungan positif antara kelekatan aman dan penyesuaian diri mahasiswa rantau di Universitas Sanata Dharma Yogyakarta. Jenis penelitian ini merupakan penelitian kuantitatif dengan metode korelasional. Subjek dalam penelitian ini berjumlah 200 mahasiswa rantau yang berusia 18 hingga 25 tahun. Alat pengumpulan data yang digunakan adalah skala kelekatan aman serta skala penyesuaian diri. Skala kelekatan aman memiliki (IVI-S = 0,97) dan koefisien reliabilitas sebesar ($\alpha = 0,916$) serta skala penyesuaian diri memiliki (IVI-S = 0,95) dan koefisien reliabilitas sebesar ($\alpha = 0,879$). Teknik analisis data menggunakan uji *Pearson Product Moment Correlation* karena persebaran data bersifat normal. Hasil analisis data menunjukkan adanya korelasi positif yang signifikan antara kelekatan aman dan penyesuaian diri, yaitu $r = 0,549$ dengan signifikansi 0,00 ($p < 0,05$), sehingga hipotesis dalam penelitian ini diterima. Dalam hal ini dapat diartikan bahwa semakin mahasiswa rantau mengalami kelekatan aman maka semakin tinggi penyesuaian diri yang dialami.

Kata kunci : kelekatan aman, mahasiswa rantau, penyesuaian diri

***RELATIONSHIP BETWEEN SECURE ATTACHMENT AND SELF
ADJUSTMENT IN OVERSEAS STUDENTS AT SANATA DHARMA
UNIVERSITY***

Agata Marinta Krisjayanti

ABSTRACT

The current research is aimed to investigate the relationship between secure attachment and self-adjustment in overseas students at Sanata Dharma University. Hypothesis that proposed in this research is there was a positive correlation between secure attachment and self-adjustment in overseas students at Sanata Dharma University. This research was a quantitative research with correlational method. Subject in this research was 200 students aged 18 to 25 years old. Data instrument be used were the scale of secure attachment and self-adjustment scale. The reliability coefficient of secure attachment scale was ($\alpha = 0,916$) and (IVI-S = 0,97), then the reliability coefficient of self-adjustment scale was ($\alpha = 0,879$) and (IVI-S = 0,95). The technique of analysis data being used was Pearson Product Moment Correlation test because data on were normal. The result of data analyze showed that there was a significant positive correlation between secure attachment and self-adjustment, that the score of correlation was $r = 0,549$ ($p < 0,05$). The result indicated a positive correlation between secure attachment and self-adjustment. It was means that the more overseas students experience secure attachment, the higher level of self-adjustment.

Keywords : overseas students, secure attachment, self-adjustment

