

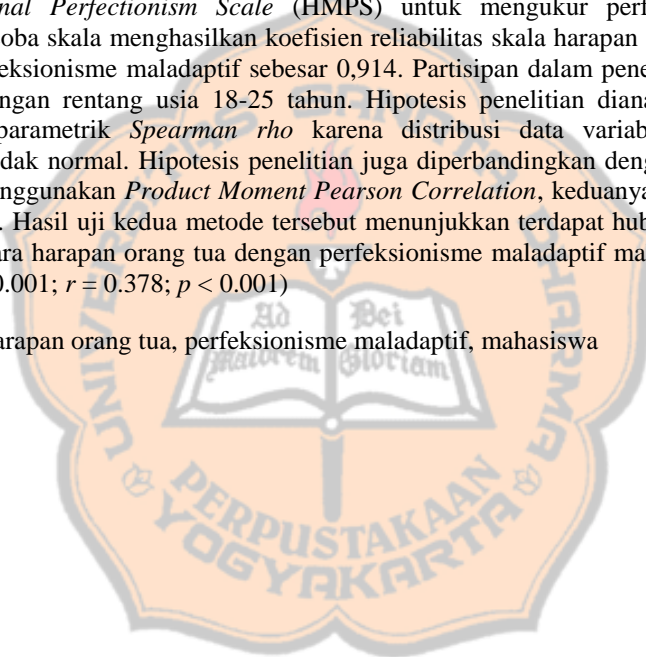
## HUBUNGAN ANTARA HARAPAN ORANG TUA DAN PERFEKSIONISME MALADAPTIF PADA MAHASISWA

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### ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara harapan orang tua dengan perfeksionisme maladaptif pada mahasiswa. Hipotesis penelitian ini adalah terdapat hubungan antara variabel harapan orang tua dengan perfeksionisme maladaptif pada mahasiswa. Penelitian ini adalah penelitian kuantitatif korelasional dengan teknik survei dan pengumpulan data menggunakan media survei online. Pemilihan sampel menggunakan *non-probabilitas convenience sampling*. Instrumen penelitian yang digunakan adalah dua skala adaptasi, yaitu *Perception of Parental Expectation (PPE)* untuk mengukur persepsi harapan orang tua dan *Indonesian Multidimensional Perfectionism Scale (IMPS)* yang merupakan adaptasi dari skala *Hewitt Multidimensional Perfectionism Scale (HMPS)* untuk mengukur perfeksionisme maladaptif individu. Uji coba skala menghasilkan koefisien reliabilitas skala harapan orang tua sebesar 0,894 dan skala perfeksionisme maladaptif sebesar 0,914. Partisipan dalam penelitian ini sebanyak 512 mahasiswa dengan rentang usia 18-25 tahun. Hipotesis penelitian dianalisis menggunakan uji korelasi non-parametrik *Spearman rho* karena distribusi data variabel harapan orang tua berdistribusi tidak normal. Hipotesis penelitian juga diperbandingkan dengan analisis uji korelasi parametrik menggunakan *Product Moment Pearson Correlation*, keduanya menggunakan aplikasi SPSS versi 20. Hasil uji kedua metode tersebut menunjukkan terdapat hubungan yang positif dan signifikan antara harapan orang tua dengan perfeksionisme maladaptif mahasiswa (*Spearman rho* = 0.359 ;  $p < 0.001$ ;  $r = 0.378$ ;  $p < 0.001$ )

Kata kunci : harapan orang tua, perfeksionisme maladaptif, mahasiswa



## THE RELATIONSHIP BETWEEN PARENTAL EXPECTATIONS AND MALADAPTIF PERFECTIONISM TOWARD UNIVERSITY STUDENTS

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### ABSTRACT

*The current research was aimed to investigate the relationship between parents' expectations and maladaptive perfectionism to undergraduate students. The hypothesis proposed in the current research was there was a correlation between parental expectations and maladaptive perfectionism on undergraduate students. The research method employed was a correlational quantitative research with survey method. The researcher collected data using online survey. Sampling was chosen using non-probability convenience sampling. There were two instruments used in this research. Those were Perception of Parental Expectation (PPE) to measure parents' expectation, and Indonesian Multidimensional Perfectionism Scale (IMPS) that was adapted from Hewitt Multidimensional Perfectionism Scale (HMPS) to measure individual maladaptive perfectionism. The try out provide the reliability coefficient on the parental expectations scale of 0.894 and the maladaptive perfectionism scale of 0.914. The participants the current research were 512 undergraduate students between 18-25 of age. The researcher tested the hypothesis using Spearman rho's non-parametric correlation test due to distribution of parental expectations data did not follow normal distributioin. The researcher also conducted Product Moment Pearson Correlation for comparison purpose. The two tests were carried out using SPSS 20 version. The findings revealed that there was a positive and significant correlation between parental expectations and maladaptive perfectionism on undergraduate students (Spearman rho=0.359;  $p < 0.001$ ;  $r = 0.378$ ;  $p < 0.001$ ).*

*Keywords: parents' expectations, maladaptive perfectionism, undergraduate students.*

