

ABSTRAK

Panca, Made Ayu Ratna Umadewi. 2022. Hubungan *helicopter parenting* dan perfeksionisme maladaptif pada mahasiswa. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *helicopter parenting* dan perfeksionisme maladaptif pada mahasiswa. Subjek dalam penelitian ini adalah 303 mahasiswa laki-laki dan perempuan berusia 18-25 tahun yang sedang menempuh pendidikan di Perguruan Tinggi di Indonesia. Hipotesis penelitian ini adalah adanya hubungan yang positif dan signifikan antara *helicopter parenting* dan perfeksionisme maladaptif pada mahasiswa. Penelitian ini merupakan penelitian kuantitatif dengan *convenience sampling* sebagai teknik pengambilan sampel. Metode pengumpulan data menggunakan dua skala Likert, yaitu skala *helicopter parenting* yang dikembangkan oleh LeMoyne dan Buchanan (2011) dan skala *maladaptive perfectionism* yang dikembangkan oleh Hewitt dkk., (1991). Analisis pada data yang diperoleh dari uji coba skala menunjukkan nilai koefisien reliabilitas yang lebih besar daripada 0.7 ($\alpha_{helicopterparenting} = 0,91$; $\alpha_{maladaptiveperfectionism} = 0,82$). Hasil analisis dengan menggunakan koefisien korelasi *Product Moment* menunjukkan adanya hubungan positif signifikan antara kedua variabel ($r_{xy} = 0.445$; $p < 0.001$).

Kata kunci : mahasiswa, perfeksionisme maladaptif, *helicopter parenting*

ABSTRACT

Panca, Made Ayu Ratna Umadewi. 2022. The relationship of helicopter parenting and maladaptive perfectionism toward university students. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

The purpose of the current research was to investigate the relation between helicopter parenting and maladaptive perfectionism on university students. The participants of the current research were 303 university students both male and female aged 18-25 years old who were studying at universities in Indonesia. The hypothesis proposed in the current research was that there was a positive correlation between helicopter parenting and maladaptive perfectionism toward university students. This research was a quantitative research and used convenience sampling to obtain sample data. The data was collected using Helicopter Parenting Scale and Maladaptive Perfectionism Scale. The reliability of both scales ($\alpha_{\text{helicopterparenting}} = 0,91$; $\alpha_{\text{maladaptiveperfectionism}} = 0,82$) exceeded the cut-off set by Gregory (2010) for good reliability. The result of the data analysis conducted using Pearson Product Moment Correlation showed a statistically significant relationship between the two variables ($r_{xy} = 0.445$; $p < 0.001$). Therefore, it was concluded that there was a positive relationship between helicopter parenting and maladaptive perfectionism toward university students.

Keywords : university students, maladaptive perfectionism, helicopter parenting