

**ABSTRAK**

Widowati, Bernardin Chrisnaning. 2023. *Adult Attachment* dengan Kepuasan pernikahan pada *Dual Career Family*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *adult attachment* dengan kepuasan pernikahan pada *dual career family*. Partisipan penelitian ini adalah 219 orang yang sudah menikah dan menjalani *dual career family*. Penelitian ini dilakukan dengan pendekatan kuantitatif dan dirancang dengan menggunakan model survei korelasional. Hipotesis yang diajukan pada penelitian ini yaitu hubungan antara kepuasan pernikahan dengan tiga tipe *adult attachment* : 1) *secure*; 2) *avoidant*; 3) *anxious*. Pengukuran dalam penelitian ini menggunakan skala *ENRICH Marital Scale* milik Fowers & Olson dan skala *Revised Adult Attachment Scale* milik Collins. *ENRICH Marital Scale* terdiri dari 15 item dengan koefisien reliabilitas sebesar 0.907. *Revised Adult Attachment Scale* terdiri dari 18 item dengan koefisien reliabilitas dimensi 1) *close* ( $r = 0.636$ ) 2) *depend* ( $r = 0.672$ ) 3) *anxiety* ( $r = 0.845$ ). Data dari penelitian ini dianalisis menggunakan teknik korelasi non parametrik *Spearman's Rho*. Hasil dari penelitian ini menunjukkan bahwa terdapat hubungan antara *adult attachment* tipe *secure* dengan kepuasan pernikahan ( $p = 0.019$  ;  $r = 0.188$ ), namun tidak terdapat hubungan antara *adult attachment* tipe *anxious* dengan kepuasan pernikahan ( $p = 0.681$  ;  $r = -0.070$ ) dan *adult attachment* tipe *avoidant* dengan kepuasan pernikahan ( $p = 0.283$  ;  $r = 0.206$ ).

**Kata kunci** : kepuasan pernikahan, *adult attachment*, *dual career family*

**ABSTRACT**

Widowati, Bernardin Chrisnaning. 2023. *Adult Attachment with Marital Satisfaction in Dual Career Family*. Thesis. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

*The purpose of this study was to determine between adult attachment and marital satisfaction in dual career family. The participant in this study were 219 people who had married and undergoing dual career family. This study used a survey model, quantitative approach, correlational design. The hypothesis purposed that there is had a correlation between marital satisfaction and three type of adult attachment 1) secure; 2) avoidant; 3) anxious. Measurement in this study used an ENRICH Marital Satisfaction scale owned by Fowers & Olson and Revised Adult Attachment Scale owned by Collins. The ENRICH Marital Scale composed by 15 items with 0.907 of reliability coefficient. The Revised Adult Attachment Scale composed by 18 items with reliability coefficient each dimensions 1) close ( $r = 0.636$ ) 2) depend ( $r = 0.672$ ) 3) anxiety ( $r = 0.845$ ). In this study, the data were analyzed with Spearman's Rho. The result of this study denote that there has a correlation between marital satisfaction and adult attachment type secure ( $p = 0.019$  ;  $r = 0.188$ ), but wasn't correlation between marital satisfaction and adult attachment's type anxious ( $p = 0.681$  ;  $r = -0.070$ ) and avoidant ( $p = 0.283$  ;  $r = 0.206$ ).*

**Keywords:** *marital satisfaction, adult attachment, dual career family*