

## ABSTRAK

Agustine, Rosari Esmeralda. 2024. Hubungan Antara Dukungan Sosial dan *Stress-Related Growth* Pada Wanita Dewasa Awal Yang *Fatherless*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dan *stress-related growth* wanita dewasa awal yang *fatherless*. Subjek dalam penelitian ini adalah 101 wanita dewasa awal berusia 19 hingga 30 tahun yang mengalami *fatherless* dalam hidupnya, baik karena perceraian ataupun meninggalnya sang ayah dan dibesarkan oleh ibu yang *single parent*. Penelitian ini merupakan penelitian kuantitatif dengan teknik pengambilan sampel *purposive sampling*. Metode pengumpulan data dalam penelitian ini menggunakan skala dukungan sosial milik Sarason dkk. (1987) yang telah diadaptasi oleh Kristo (2019), terdiri dari *Social Support Questionnaire 6 Number (SSQ6N)* dan *Social Support Questionnaire Satisfaction (SSQ6S)* dan skala *stress-related growth* yang disusun oleh peneliti dengan acuan *Stress-Related Growth Scale (SRGS)* milik Park dkk. (1996). Uji coba skala menghasilkan koefisien reliabilitas pada skala dukungan sosial SSQ6N sebesar 0,904, SSQ6S sebesar 0,687, dan *stress-related growth* sebesar 0,905. Data penelitian dianalisis menggunakan uji korelasi non-parametrik *Spearman's Rho one-tailed* karena data tidak berdistribusi normal. Hasil uji korelasi menunjukkan terdapat hubungan yang signifikan dan positif antara kepuasan dukungan sosial (SSQ6S) dengan *stress-related growth* dengan nilai signifikansi sebesar 0,000 ( $p < 0,05$ ) dan skor koefisien korelasi sebesar 0,281. Kemudian, hasil uji korelasi juga menunjukkan bahwa tidak ada hubungan yang signifikan antara jumlah ketersediaan dukungan sosial (SSQ6N) dengan *stress-related growth*  $p = 0,446$  ( $p > 0,05$ ).

Kata kunci: *stress-related growth*, dukungan sosial, wanita dewasa awal, *fatherless*

## ABSTRACT

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*This research aims to determine the relationship between social support and stress-related growth in fatherless young adulthood women. The subjects in this study were 101 early adult women aged 19 to 30 years who experienced fatherlessness in their lives, either due to divorce or the death of their father, and were raised by mothers who did not remarry. This research is quantitative research with a purposive sampling. The method of data collection in this research used Sarason et al.'s (1987) social support questionnaire, that has been adapted by Kristo (2019), consisting of Social Support Questionnaire 6 Number (SSQ6N) and Social Support Questionnaire Satisfaction (SSQ6S). This research also used stress-related growth scale that made by researcher with the reference of the Stress-Related Growth Scale (SRGS) courtesy of Park et al. (1996). Scale trials produced reliability coefficient on the SSQ6N social support questionnaire of 0.904, SSQ6S of 0.687, and stress-related growth of 0.905. The research data was analyzed using Spearman's Rho non-parametric correlation test because the data was not normally distributed. The results of the correlation test showed that there is a significant and positive relationship between social support satisfaction (SSQ6S) and stress-related growth with a significance value of 0.000 ( $p < 0.05$ ) and a correlation coefficient score of 0.281. Then, the results of the correlation test also showed that there is no significant relationship between the amount of social support (SSQ6N) and stress-related growth,  $p = 0.446$  ( $p > 0.05$ ).*

*Keywords: stress-related growth, social support, young adulthood women, fatherless*