

HUBUNGAN ANTARA GAYA KELEKATAN DAN SEXUAL SELF-DISCLOSURE PADA DEWASA BERPACARAN

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ABSTRAK

Tujuan dari penelitian ini adalah untuk melihat hubungan antara gaya kelekatan dan *sexual self-disclosure*. Subjek penelitian adalah 104 subjek dewasa yang sedang berpacaran. Hipotesis dalam penelitian ini ialah ada hubungan yang signifikan antara gaya kelekatan dan *sexual self-disclosure* pada dewasa berpacaran. Metode sampling yang digunakan adalah *Purposive Sampling*. Data dikumpulkan menggunakan Skala Gaya Kelekatan dan Skala *Sexual Self-Disclosure* menggunakan model Skala *Likert*. Skala Gaya Kelekatan memiliki koefisien *Alpha Cronbach* sebesar 0.864 dan Skala *Sexual Self-Disclosure* memiliki *Alpha Cronbach* sebesar 0.916. Uji asumsi yang digunakan adalah uji normalitas dan uji linieritas. Hasil menunjukkan bahwa data gaya kelekatan memiliki distribusi yang normal, tetapi data skala *sexual self-disclosure* memiliki distribusi yang tidak normal. Data tidak memiliki hubungan yang linier antara gaya kelekatan dan *sexual self-disclosure* pada dewasa berpacaran. Oleh karena itu, uji hipotesis yang digunakan adalah teknik korelasi *Spearman*. Hasil penelitian menunjukkan nilai korelasi -0.117. Dengan demikian, tidak ada hubungan yang signifikan antara gaya kelekatan dan *sexual self-disclosure* pada dewasa berpacaran. Maka, hipotesis yang berbunyi ada hubungan signifikan antara gaya kelekatan dan *sexual self-disclosure* pada dewasa berpacaran, ditolak.

Kata kunci: Gaya Kelekatan, *Sexual Self-Disclosure*, Dewasa Berpacaran

RELATIONSHIP OF ATTACHMENT STYLE AND SEXUAL SELF-DISCLOSURE IN ADULT DATING

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ABSTRACT

This study aims to determine the relationship between attachment style and sexual self-disclosure among adult dating. The subjects were 104 adult dating. The hypothesis said that there was a significant relationship between attachment style and sexual self-disclosure among adult dating. The sampling method used in this study was Purposive Sampling. The instrument to collect data were Attachment Style Scale and Sexual Self-Disclosure Scale in Likert's Model. The attachment style scale had an Alpha Cronbach coefficient of 0.864 and the sexual self-disclosure scale had an Alpha Cronbach coefficient of 0.916. The assumption tests that used were the normality and the linearity tests. The result indicate that data from attachment style have a normal distribution, but data from sexual self-disclosure scale not have a normal distribution. Data not have linear relationship between attachment style and sexual self-disclosure among adult dating. Therefore, the hypothesis was tested with Spearman correlation. The result shows the non-significant coefficient of correlation of -0.117. Accordingly, that there is no significant correlation between attachment style and sexual self-disclosure, hence the hypothesis that there is a significant relationship between attachment style and sexual self-disclosure among adult dating is rejected.

Keyword: Attachment Style, Sexual Self-Disclosure, Adult Dating