

ABSTRAK

Poilema, Agustina Devita. 2024. Hubungan antara Perfeksionisme dan Ruminasi pada Remaja Akhir. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara perfeksionisme dan ruminasi pada remaja akhir. Partisipan dalam penelitian ini adalah 239 individu remaja akhir berusia 18-22 tahun. Hipotesis yang diajukan, yaitu: 1) ada hubungan positif antara *self-oriented perfectionism* (SOP) dengan ruminasi pada remaja akhir; 2) ada hubungan negatif antara *other-oriented perfectionism* (OOP) dengan ruminasi pada remaja akhir; 3) ada hubungan positif antara *socially-prescribed perfectionism* (SPP) dengan ruminasi pada remaja akhir. Penelitian ini menggunakan metode kuantitatif korelasi dengan teknik pengambilan sampel *non-probability sampling*. Pengumpulan data dalam penelitian ini menggunakan skala *Multidimensional Perfectionism Scale* (MPS) milik Hewitt & Flett (1991) dan *Ruminative Response Scale* (RRS) milik Nolen-Hoeksema & Morrow (1991). *Multidimensional Perfectionism Scale* (MPS) memiliki koefisien reliabilitas dimensi 1) *self-oriented* ($\alpha=0.797$); 2) *other-oriented* ($\alpha=0.747$); 3) *socially-prescribed* ($\alpha=0.667$). *Ruminative Response Scale* (RRS) memiliki koefisien reliabilitas sebesar 0.888. Analisis data dalam penelitian ini menggunakan teknik non-parametrik *Spearman's Rho*. Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara perfeksionisme dimensi 1) *self-oriented* dengan ruminasi ($r=0.505$; $p=0.000$), 2) *other-oriented* dengan ruminasi ($r=0.326$; $p=0.000$), 3) *socially-prescribed* dengan ruminasi ($r=0.448$; $p=0.000$).

Kata kunci: ruminasi, perfeksionisme, *self-oriented perfectionism*, *other-oriented perfectionism*, *socially-prescribed perfectionism*, remaja akhir.

ABSTRACT

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This study aims to determine the relationship between perfectionism and rumination in late adolescents. The participants in this study were 239 late adolescent individuals aged 18-22 years. The hypotheses proposed, namely: 1) there is a positive relationship between self-oriented perfectionism (SOP) and rumination in late adolescents; 2) there is a negative relationship between other-oriented perfectionism (OOP) and rumination in late adolescents; 3) there is a positive relationship between socially-prescribed perfectionism (SPP) and rumination in late adolescents. This study uses a quantitative correlation method with non-probability sampling technique. Data collection in this study used Hewitt & Flett's Multidimensional Perfectionism Scale (MPS) (1991) and Nolen-Hoeksema & Morrow's Ruminative Response Scale (RRS) (1991). The Multidimensional Perfectionism Scale (MPS) has reliability coefficients of dimensions 1) self-oriented ($\alpha=0.797$); 2) other-oriented ($\alpha=0.747$); 3) socially-prescribed ($\alpha=0.667$). The Ruminative Response Scale (RRS) has a reliability coefficient of 0.888. Data analysis in this study used Spearman's Rho non-parametric technique. The results showed that there was a significant positive relationship between perfectionism dimension 1) self-oriented with rumination ($r=0.505$; $p=0.000$), 2) other-oriented with rumination ($r=0.326$; $p=0.000$), 3) socially-prescribed with rumination ($r=0.448$; $p=0.000$).

Keywords: *rumination, perfectionism, self-oriented perfectionism, other-oriented perfectionism, socially-prescribed perfectionism, late adolescence.*