

ABSTRAK

Pancarani, Adelia. (2025). Hubungan Kesepian dengan Perilaku Self-Disclosure di Media Sosial Pada Dewasa Awal. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma

Penelitian ini bertujuan untuk mengetahui hubungan positif antara kesepian dengan perilaku *self-disclosure* di media sosial pada dewasa awal. Subjek dalam penelitian berjumlah 225 responden. Kriteria responden penelitian yakni usia 19-40 tahun yang aktif menggunakan media sosial. Hipotesis dalam penelitian yakni terdapat hubungan positif dan signifikan antara kesepian dengan perilaku *self-disclosure* di media sosial pada dewasa awal. Penelitian ini menggunakan metode convenience sampling dalam pengambilan data. Penelitian ini merupakan penelitian kuantitatif dengan teknik analisis korelasi. Alat ukur yang digunakan dalam penelitian yakni adaptasi *UCLA Loneliness Scale Version 3* oleh Russel dengan 20 item untuk mengukur tingkat kesepian dan *Revised Self Disclosure* oleh Leung dengan 19 item untuk mengukur perilaku *self-disclosure*. Data penelitian dianalisis menggunakan teknik korelasi *Spearman's Rho One-Tailed* dikarenakan terdapat data yang tidak berdistribusi normal. Hasil uji korelasi antara kesepian dengan perilaku *self-disclosure* menunjukkan koefisien korelasi sebesar 0,380 dengan nilai signifikansi sebesar 0,000 ($p \leq 0,05$). Hasil tersebut menunjukkan bahwa terdapat hubungan yang positif dan signifikan antara kesepian dengan perilaku *self-disclosure* di media sosial pada dewasa awal.

Kata kunci: kesepian, perilaku *self-disclosure*, dewasa awal dan media sosial

ABSTRACT

Pancarani, Adelia. (2025). The relationship of loneliness with *self-disclosure* behavior on social media in early adulthood. Thesis. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to determine the positive relationship between loneliness and self-disclosure behavior on social media in early adulthood. The subjects in the study were 225 respondents. The criteria for research respondents were 19-40 years old who actively use social media. The hypothesis in the study is that there is a positive and significant relationship between loneliness and self-disclosure behavior on social media in early adulthood. This study uses a convenience sampling method in data collection. This study is a quantitative study with a correlation analysis technique. The measuring instrument used in the study was the adaptation of the UCLA Loneliness Scale Version 3 by Russel with 20 items to measure the level of loneliness and Revised Self Disclosure by Leung with 19 items to measure self-disclosure behavior. The research data were analyzed using the Spearman's Rho One-Tailed correlation technique because there was data that was not normally distributed. The results of the correlation test between loneliness and self-disclosure behavior showed a correlation coefficient of 0.380 with a significance value of 0.000 ($p \leq 0.05$). These results show that there is a positive and significant relationship between loneliness and self-disclosure behavior on social media in early adulthood.

Key words: loneliness, self-disclosure behavior, early adulthood, and social media