

## ABSTRAK

Christianti, J. (2025). Perbedaan Hubungan gaya kelekatan dan kepuasan hubungan pada *emerging adulthood* yang berpacaran jarak jauh. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Sanata Dharma.

Penelitian ini dilakukan untuk mengetahui hubungan antara gaya kelekatan dan kepuasan hubungan pada *emerging adulthood* menggunakan penelitian kuantitatif. Subjek dalam penelitian ini adalah *emerging adulthood* yang berusia 18-25 tahun, menjalani hubungan berpacaran khususnya berpacaran jarak jauh. Sampel penelitian ini berjumlah 642 orang dengan jumlah partisipan laki-laki dan perempuan seimbang, yaitu laki-laki 321 partisipan dan perempuan 321 partisipan. Peneliti berhipotesis bahwa ada hubungan negatif antara gaya kelekatan *anxiety* dan *avoidant* dengan kepuasan hubungan. Peneliti mengukur gaya kelekatan menggunakan *Experiences in Close Relationships-Revised* (ECR-R) (Fraley et al., 2000) dan mengukur kepuasan hubungan menggunakan *Relationship Assesment Scale* (RAS) (Hendrick, 1988). Kedua skala telah diterjemahkan ke Bahasa Indonesia. Skala ECR-R dengan dua dimensi, yaitu *anxiety* dan *avoidant*. *Anxiety* memiliki reliabilitas sebesar 0,976 ( $p \geq 70$ ) dan *avoidant* 0,932 ( $p \geq 70$ ). Skala RAS memiliki reliabilitas 0,916 ( $p \geq 70$ ). Peneliti menganalisis data menggunakan metode *Spearman Rank*. Hasil analisis menunjukkan adanya hubungan negatif antara gaya kelekatan *anxiety* dan *avoidant* dengan kepuasan hubungan. Koefisien korelasi dari kepuasan hubungan dan *anxiety* -0,429 dan kepuasan hubungan dengan *avoidant* -0,457 termasuk dalam kategori sedang dan memiliki tanda negatif. Dengan demikian, dapat disimpulkan bahwa semakin tinggi skor *anxiety* atau *avoidant*, maka semakin rendah kepuasan hubungan.

Kata kunci : gaya kelekatan, kepuasan hubungan, *emerging adulthood*, hubungan berpacaran

## ABSTRACT

Christianti, J. (2025). Differences in the relationship between attachment style and relationship satisfaction in emerging adulthood in long-distance dating relationships. Undergraduate Thesis. Yogyakarta: Faculty of Psychology, Sanata Dharma University.

This study aimed to examine the relationship between attachment style and relationship satisfaction among individuals in emerging adulthood, using a quantitative research design. The subjects of this study were individuals aged 18–25 years who were currently in romantic relationships, specifically long-distance relationships. The total sample consisted of 642 participants, with an equal number of males and females—321 male and 321 female participants. The researcher hypothesized a negative relationship between anxiety and avoidant attachment styles and relationship satisfaction. Attachment style was measured using the *Experiences in Close Relationships–Revised* (ECR-R) scale (Fraley et al., 2000), and relationship satisfaction was measured using the *Relationship Assessment Scale* (RAS) (Hendrick, 1988). Both instruments were translated into Bahasa Indonesia. The ECR-R consists of two dimensions: anxiety and avoidance. The anxiety dimension had a reliability coefficient of 0,976 ( $\geq .70$ ), while the avoidance dimension had a reliability of 0,932 ( $\geq .70$ ). The RAS showed a reliability of 0,916 ( $\geq .70$ ). Data were analyzed using the Spearman Rank correlation method. The results indicated a negative relationship between the anxiety and avoidant attachment styles and relationship satisfaction. The correlation coefficient between anxiety and relationship satisfaction was  $-0,429$ , and between avoidance and relationship satisfaction was  $-0,457$ . These values fall within the moderate category and indicate a negative direction. Thus, it can be concluded that the higher the level of anxiety or avoidance in attachment, the lower the relationship satisfaction.

Keywords: attachment style, relationship satisfaction, emerging adulthood, dating relationship