

ABSTRAK

Anandika, A.Y. (2025). Hubungan antara *anxious attachment* dan *self-disclosure* pada *emerging adulthood* pengguna aplikasi kencan *online*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *anxious attachment* dan *self-disclosure* pada *emerging adulthood* pengguna aplikasi kencan *online*. Hipotesis dalam penelitian ini adalah terdapat hubungan negatif antara *anxious attachment* dan *self-disclosure*. Partisipan yang digunakan dalam penelitian ini adalah 150 mahasiswa aktif yang masuk ke dalam kriteria *emerging adulthood* usia 18 hingga 25 tahun. Teknik sampling yang digunakan dalam penelitian ini adalah *convenience sampling*. Pengumpulan data dilakukan dengan menggunakan skala penelitian yang terdiri dari skala *Self-Disclosure* dengan reliabilitas Alpha Cronbach 0.723 dan skala *Anxious Attachment* dengan reliabilitas Alpha Cronbach 0.428. Peneliti menyusun kedua skala penelitian berdasarkan aspek-aspek *anxious attachment* dan *self-disclosure*. Pengumpulan data dilakukan secara daring. Hasil uji asumsi penelitian ini menunjukkan bahwa data tidak terdistribusi normal sehingga analisis data penelitian menggunakan teknik analisis non-parametrik yaitu Spearman's rho. Hasil uji korelasi menunjukkan bahwa terdapat hubungan negatif yang signifikan antara *anxious attachment* dan *self-disclosure*, namun hubungan kedua variabel tersebut tergolong lemah dengan nilai koefisien korelasi sebesar 0.227.

Kata kunci: *anxious attachment*, *self-disclosure*, kencan *online*

ABSTRACT

Anandika, A.Y. (2025). *The Correlation between Anxious Attachment and Self-disclosure in Emerging Adulthood Users of Online Dating Application*. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This research aims to examine the correlation between anxious attachment and self-disclosure in emerging adulthood users of online dating applications. The hypothesis proposed in this research suggests a negative correlation between anxious attachment and self-disclosure. The participants in this research were 150 active university students aged 18 to 25 years, categorized as emerging adults. The sampling technique used in this research is convenience sampling. Data were collected using the Self-Disclosure Scale with a Cronbach's Alpha reliability of 0.723 and the Anxious Attachment Scale with a Cronbach's Alpha reliability of 0.428. The researcher made both scales based on the aspects of anxious attachment and self-disclosure. Data collection was conducted online. The assumption tests indicated that the data were not normally distributed; therefore, the data analysis employed the non-parametric Spearman's rho method. The results showed a significant negative correlation between anxious attachment and self-disclosure, with a correlation coefficient of $r = -0.227$. This indicates that the higher the level of anxious attachment, the lower the tendency for self-disclosure in participants, although the strength of the correlation is considered weak.

Keywords: self-disclosure, anxious attachment, online dating