

ABSTRAK

Sijabat, E. G. M. D. P. 2025. Hubungan antara *Perceived Social Support* dan *Self Concept Clarity* pada Dewasa Awal yang Mengalami Perselingkuhan. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk menguji adanya pola hubungan antara *perceived social support* dan *self concept clarity* pada dewasa awal yang mengalami perselingkuhan. Hipotesis penelitian ini adalah terdapat hubungan positif antara dukungan sosial yang diterima atau *perceived social support* dan kejelasan dari *self concept* individu atau *self concept clarity*. Hal tersebut berarti apabila *perceived social support* suatu individu tinggi maka *self concept clarity* seseorang juga tinggi. Partisipan dalam penelitian ini berjumlah 298 dewasa awal yang mengalami perselingkuhan. Penelitian merupakan kuantitatif korelasional dengan metode survei dan teknik *purposive sampling*. Instrumen dalam penelitian ini menggunakan skala PSS-Fr dan PSS-Fam, skala ini mengukur persepsi atas dukungan sosial dengan dua sumber yaitu *perceived social support* bersumber dari keluarga dan *perceived social support* bersumber dari teman. Skala PSS-Fr memiliki reabilitas sebesar 0.889 dan skala PSS-Fam memiliki reabilitas sebesar 0.916. Lalu, *self concept clarity* diukur menggunakan SCC dengan reabilitas sebesar 0.837. Teknik analisis dilakukan menggunakan uji non parametrik yaitu uji *Spearman's rho*. Hasil penelitian ini menunjukkan bahwa terdapat hubungan positif dan signifikan antara *perceived social support* baik bersumber pada teman dan bersumber pada keluarga dengan *self concept clarity* ($r_1 = 0.267$; $r_2 = 0.176$; $S_1: 0.00$; $S_2: 0.001$)

Kata kunci: *Perceived Social Support, Self Concept Clarity, Perselingkuhan.*

ABSTRACT

Sijabat, E. G. M. D. P. 2025. The Relationship Between Perceived Social Support And Self Concept Clarity Among Young Adulthood Who Experience Infidelity. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This research aims to examine the existence of a pattern of relationship between perceived social support and self-concept clarity in young adults experiencing infidelity. The hypothesis of this study is that there is a positive relationship between the social support received, or perceived social support, and the clarity of an individual's self-concept, or self-concept clarity. This means that if an individual's perceived social support is high, their self-concept clarity will also be high. The participants in this study consisted of 298 young adults who have experienced infidelity. This study is a correlational quantitative research using a survey method and purposive sampling technique. The instruments used in this study include the PSS-Fr and PSS-Fam scales, which measure perceptions of social support from two sources: perceived social support from family and perceived social support from friends. The PSS-Fr scale has a reliability of 0.889, and the PSS-Fam scale has a reliability of 0.916. Additionally, self-concept clarity was measured using the SCC scale with a reliability of 0.837. The analysis technique employed was a non-parametric test, specifically Spearman's rho. The results of this study indicate a positive and significant relationship between perceived social support from both friends and family with self-concept clarity ($r_1 = 0.267$; $r_2 = 0.176$; $S_1: 0.00$; $S_2: 0.001$).

Keywords: *Perceived social support, self concept clarity, infidelity*