

ABSTRAK

Ningrum, M. K. (2025). Hubungan *attachment style* dengan *self disclosure* pada mahasiswa yang menjalin *Long Distance Relationship* (LDR). Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *attachment style* dengan *self disclosure* pada mahasiswa yang menjalin *Long Distance Relationship* (LDR). Partisipan pada penelitian ini berjumlah 328 orang dan merupakan mahasiswa aktif yang sedang menjalin hubungan romantis secara LDR. Hipotesis yang diajukan pada penelitian ini yaitu adanya hubungan antara *self disclosure* dengan empat tipe *attachment style* : 1) *secure*; 2) *dismissing*; 3) *preoccupied*; 4) *fearful* dengan melihat jenis *attachment* melalui dimensi *anxiety* dan *avoidance*. Pengukuran pada penelitian ini menggunakan *Revised Adult Attachment Scale* milik Collins dan *Revised Self Disclosure Scale* milik Wheelles yang sudah diadaptasi oleh Pangestu (2020). *Revised Adult Attachment* memiliki koefisien reliabilitas dimensi 1) *anxiety* ($\alpha=0.853$) dimensi *avoidance* ($\alpha=0.733$). *Revised Self Disclosure Scale* memiliki koefisien reliabilitas sebesar ($\alpha=0.840$). Data dari penelitian ini dianalisis dengan menggunakan teknik korelasi non parametrik *Spearman's Rho*. Hasil dari penelitian ini menunjukkan bahwa terdapat hubungan negatif yang cukup dan signifikan antara *attachment style* pada tipe *secure* ($r = -0.403$; $p=0.010$) dengan *self disclosure*, namun tidak terdapat hubungan antara *attachment style* tipe *dismissing* ($r = -0.185$; $p=0.281$), *preoccupied* ($r = -0.324$; $p=0.131$), dan *fearful* ($r = 0.123$; $p=0.123$) dengan *self disclosure*.

Kata kunci: *attachment style*, *self disclosure*, *secure attachment*, *dismissing attachment*, *preoccupied attachment*, *fearful attachment*, mahasiswa, *Long Distance Relationship*, LDR.

ABSTRACT

Ningrum, M. K. (2025). The relationship between *attachment style* and *self-disclosure among university students in long distance relationship (LDR)*. Thesis. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to determine the relationship between attachment style and self-disclosure in students who are in a Distance Relationship (LDR). The participants in this study totaled 328 people and were active students who were in a romantic relationship in LDR. The hypothesis proposed in this study is that there is a relationship between four types of attachment styles: 1) secure; 2) dismissing; 3) preoccupied; 4) fearful with self disclosure. The type of attachment is seen through the high and low dimensions of anxiety and avoidance. The measurements in this study used Collins' Revised Adult Attachment Scale and Wheelers' Revised Self Disclosure Scale which have been adapted by Pangestu and Ariela (2020). Revised Adult Attachment has a reliability coefficient of the 1) anxiety dimension ($\alpha=0.853$) avoidance dimension ($\alpha=0.733$). Revised Self Disclosure Scale has a reliability coefficient of ($\alpha=0.840$). Data from this study were analyzed using Spearman's Rho non-parametric correlation technique. The results of this study indicate that there is a moderate and significant negative relationship between attachment style in the secure type ($r = 0.403$; $p = 0.005$) with self-disclosure, but there is no relationship between attachment style in the dismissing type ($r = -0.185$; $p=0.141$), preoccupied ($r = 0.324$; $p=0.066$), and fearful ($r = -0.102$; $p = 0.062$) with self-disclosure.

Keywords: *attachment style, self disclosure, secure attachment, dismissing attachment, preoccupied attachment, fearful attachment, mahasiswa, Long Distance Relationship, LDR.*