

ABSTRAK

Nilasari, Ayu. 2025. Hubungan persepsi keterlibatan ayah dan kepuasan berpacaran dengan lawan jenis pada perempuan *emerging adulthood*. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan persepsi keterlibatan ayah dan kepuasan berpacaran dengan lawan jenis pada perempuan *emerging adulthood*. Terdapat tiga hipotesis dalam penelitian ini, yaitu terdapat hubungan positif antara keterlibatan ekspresif ayah dan kepuasan berpacaran dengan lawan jenis; terdapat hubungan positif antara keterlibatan instrumental dan kepuasan berpacaran dengan lawan jenis; serta hubungan positif antara keterlibatan *mentoring* dan kepuasan berpacaran dengan lawan jenis pada perempuan *emerging adulthood*. Penelitian ini merupakan penelitian kuantitatif dengan metode survei. Metode pengambilan data dilakukan dengan kuesioner dalam bentuk Google Form dan disebarluaskan secara daring. Sebanyak 236 responden perempuan berusia 18-25 tahun yang sedang berpacaran minimal selama enam bulan berpartisipasi dalam penelitian ini. Alat ukur yang digunakan pada penelitian ini adalah subskala translasi *Reported Father Involvement* dari *Father Involvement Scale* (FIS) untuk mengukur persepsi keterlibatan ayah dan *Relationship Assessment Scale* (RAS) untuk mengukur kepuasan hubungan berpacaran. FIS memiliki koefisien reliabilitas dimensi keterlibatan ekspresif sebesar 0,948, keterlibatan instrumental sebesar 0,949, dan keterlibatan *mentoring* sebesar 0,094 serta RAS memiliki koefisien reliabilitas sebesar 0,773. Data penelitian ini dianalisis menggunakan uji korelasi Spearman Rho pada program SPSS versi 27 karena data berdistribusi tidak normal. Hasil uji korelasi menunjukkan bahwa ketiga hipotesis diterima, yaitu terdapat hubungan positif dan signifikan antara persepsi keterlibatan ekspresif ayah ($r=0.413$, $p<.001$), keterlibatan instrumental ayah ($r=0.417$, $p<.001$), dan keterlibatan *mentoring* ayah ($r=0.413$, $p<.001$) dengan kepuasan berpacaran dengan lawan jenis pada perempuan *emerging adulthood*.

Kata kunci: persepsi keterlibatan ayah, kepuasan berpacaran dengan lawan jenis, perempuan *emerging adulthood*

ABSTRACT

Nilasari, Ayu. 2025. The relationship between perceived father involvement and opposite-sex dating satisfaction in emerging adulthood women. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aimed to determine the relationship between perceived father involvement and opposite-sex dating satisfaction in emerging adulthood women. The hypothesis was there is a positive relationship between perceived father's expressive involvement and dating satisfaction with the opposite-sex in emerging adulthood women. The second hypothesis was that there is a positive relationship between instrumental involvement and dating satisfaction. The last hypothesis is that there is a positive relationship between mentoring involvement and dating satisfaction. A quantitative survey was conducted, collecting data via Google Forms from 236 women aged 18–25, who had been dating for at least six months. The measurement tools used in this study were the translated Reported Father Involvement subscale of Father Involvement Scale (FIS) to measure perceived father involvement and the Relationship Assessment Scale (RAS) to measure dating satisfaction. FIS has a reliability coefficient of 0.904 to 0.949 and RAS has a reliability coefficient of 0.773. The research data were analyzed using the Spearman Rho correlation test on the SPSS version 27 program due to non-normal data distribution. The correlation test results supported all hypotheses: expressive involvement was positively and significantly correlated with dating satisfaction ($r=0.413$, $p < .001$), instrumental involvement showed a positive and significant correlation with dating satisfaction ($r=0.417$, $p < .001$), and mentoring involvement also correlated positively and significantly with dating satisfaction ($r=0.413$, $p < .001$). These findings indicate that greater perceived father involvement across expressive, instrumental, and mentoring dimensions is associated with higher dating satisfaction in emerging adult women.

Keywords: perceived father involvement, opposite-sex dating satisfaction, emerging adulthood women