

ABSTRAK

Febiani, Elen. 2025. Hubungan keluarga disfungsional dan kesepian pada *emerging adults* yang bekerja. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara keluarga disfungsional dengan kesepian pada *emerging adults* yang bekerja. Partisipan penelitian ini sebanyak 507 orang yang berusia 18-25 tahun, sedang bekerja, dan belum menikah. Hipotesis penelitian ini, yaitu terdapat hubungan positif antara keluarga disfungsional dengan kesepian. Penelitian ini menggunakan metode kuantitatif korelasional. Keluarga disfungsional diukur menggunakan Chinese Family Assessment Instrument (C-FAI) dan kesepian diukur menggunakan UCLA Loneliness Scale Version 3. Analisis data dilakukan menggunakan analisis non-parametrik Spearman's rho. Hasil penelitian menunjukkan bahwa terdapat hubungan positif dan signifikan antara keluarga disfungsional dan kesepian ($r_s = 0,356$). Hal ini berarti keluarga disfungsional dapat meningkatkan kesepian pada *emerging adults* yang bekerja.

Kata Kunci: kesepian, keluarga disfungsional, *emerging adults* yang bekerja.

ABSTRACT

Febiani, Elen. 2025. The relationship between dysfunctional family and loneliness among employed emerging adults. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

The aim of this study was to examine the relationship between dysfunctional family and loneliness among employed emerging adults. Participants were 507 unmarried individuals aged 18–25 years who were currently employed. It was hypothesized that dysfunctional family would be positively associated with loneliness. A quantitative correlational design was employed. Dysfunctional family was measured using the Chinese Family Assessment Instrument (C-FAI), and loneliness was measured using the UCLA Loneliness Scale Version 3. Data were analyzed using Spearman's Rho correlation test. Results showed a significant positive correlation between dysfunctional family and loneliness ($r_s = 0.356$), suggesting that higher levels of family dysfunction are associated with greater feelings of loneliness among employed emerging adults.

Key words: *loneliness, dysfunctional family, employed emerging adults*

