

ABSTRAK

Dewi, Veronica Christiani. 2026. Hubungan Fearful-Avoidant Attachment Style Dengan Relational Ambiguity Pada Emerging Adulthood. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan positif antara *fearful-avoidant attachment* dengan *relational ambiguity* pada *emerging adulthood*. Penelitian ini melibatkan 179 partisipan, terdiri atas 69 laki-laki dan 110 perempuan, yang berada pada rentang usia 18-25 tahun dengan karakteristik *fearful-avoidant attachment style*. Hipotesis yang diajukan pada penelitian ini adalah adanya hubungan positif antara *fearful-avoidant attachment style* dan *relational ambiguity*. Penelitian ini menggunakan metode kuantitatif korelasi dengan teknik pengambilan sampel *non-probability sampling*. Pengumpulan data dalam penelitian ini dilakukan dengan menggunakan kuesioner yang disebarluaskan secara daring melalui *Google Form*. Instrumen yang digunakan adalah skala *Relation Ambiguity Scale* (RAS) milik James-Kangal (2020) dan *The Experience in Close Relationship-Revised* (ECR-R) milik Fraley et al. (2000). *Relation Ambiguity Scale* (RAS) memiliki koefisien reliabilitas sebesar ($\alpha=0.937$). *The Experience in Close Relationship-Revised* (ECR-R) memiliki koefisien reliabilitas sebesar ($\alpha=0.843$). Analisis data dalam penelitian ini menggunakan teknik non-parametrik *Spearman's Rho*. Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara *fearful-avoidant attachment style* dan *relational ambiguity* ($r=0.238$; $p=0.000$).

Kata kunci: *fearful-avoidant attachment style, relational ambiguity, emerging adulthood, attachment style.*

ABSTRACT

Dewi, Veronica Christiani. 2026. The Relationship between Fearful-Avoidant Attachment Style and Relational Ambiguity in Emerging Adulthood. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to examine the positive relationship between fearful-avoidant attachment and relational ambiguity in emerging adulthood. The participants in this study consisted of 179 individuals, including 69 males and 110 females, aged 18-25 years with characteristics of a fearful-avoidant attachment style. The hypothesis proposed in this study is that there is a positive relationship between fearful-avoidant attachment style and relational ambiguity. This study employed a quantitative correlational method with a non-probability sampling technique. Data were collected through an online questionnaire distributed via Google Form using the Relational Ambiguity Scale (RAS) developed by James-Kangal (2020) and the Experiences in Close Relationships-Revised (ECR-R) developed by Fraley et al. (2000). The Relational Ambiguity Scale (RAS) demonstrated a reliability coefficient of ($\alpha=0.937$), while the Experiences in Close Relationships-Revised (ECR-R) showed a reliability coefficient of ($\alpha=0.843$). Data analysis was conducted using the non-parametric Spearman's Rho technique. The results indicated a significant positive relationship between fearful-avoidant attachment style and relational ambiguity ($r=0.238$; $p=0.000$).

Keywords: *fearful-avoidant attachment style, relational ambiguity, emerging adulthood, attachment style.*

