

ABSTRAK

Arseti, Lidya Celia. 2026. Hubungan Antara *Self Esteem* dan Komunikasi Interpersonal pada *Emerging Adulthood* yang sedang Berpacaran. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *self esteem* dan komunikasi interpersonal pada individu *emerging adulthood* yang sedang berpacaran. Hipotesis dalam penelitian ini adalah terdapat hubungan yang positif antara *self esteem* dan komunikasi interpersonal pada *emerging adulthood* yang sedang berpacaran. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survei dan desain korelasional. Subjek penelitian berjumlah 183 individu berusia 18–25 tahun yang sedang berpacaran, yang diperoleh melalui teknik *convenience sampling*. Data dikumpulkan menggunakan Skala *Self Esteem* ($\alpha = 0,830$) dan Skala Komunikasi Interpersonal ($\alpha = 0,810$), kemudian dianalisis menggunakan teknik statistik *Spearman's rho*. Hasil penelitian menunjukkan adanya hubungan positif yang signifikan antara *self esteem* dengan komunikasi interpersonal ($r = 0,576$; $p < 0,001$). Oleh karena itu, hipotesis dalam penelitian dapat diterima, yang artinya semakin tinggi *self esteem* individu semakin baik komunikasi interpersonal dalam hubungan berpacaran.

Kata kunci: *self esteem*, komunikasi interpersonal, *emerging adulthood*

ABSTRACT

Arseti, Lidya Celia. 2026. The Correlation between of *Self Esteem* and Interpersonal Communication of Emerging Adulthood who are Dating. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to examine the relationship between self-esteem and interpersonal communication among individuals in emerging adulthood who are currently in a romantic relationship. The hypothesis of this study is that there is a positive relationship between self-esteem and interpersonal communication among individuals in emerging adulthood who are currently in a romantic relationship. This study employs a quantitative approach using a survey method and a correlational design. The study sample consisted of 183 individuals aged 18–25 years who were in a relationship, recruited through convenience sampling. Data were collected using the Self-Esteem Scale ($\alpha = 0.830$) and the Interpersonal Communication Scale ($\alpha = 0.810$), and analyzed using Spearman's rho. The results indicate a significant positive relationship between self-esteem and interpersonal communication ($r = 0.576$; $p < 0.001$). Therefore, the research hypothesis is supported, meaning that the higher an individual's self-esteem, the better their interpersonal communication within a dating relationship.

Keywords: *self-esteem, interpersonal communication, emerging adulthood*

