

**HUBUNGAN ANTARA KELEKATAN CEMAS DAN
KETERGANTUNGAN EMOSIONAL PADA PEREMPUAN *EMERGING
ADULTHOOD* YANG MENJALANI HUBUNGAN ROMANTIS**

ABSTRAK

Putri, Angela Edeline Alma Putri. 2026. Hubungan antara kelekatan cemas dan ketergantungan emosional pada perempuan *emerging adulthood* yang menjalani hubungan romantis. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara kelekatan cemas dan ketergantungan emosional pada perempuan *emerging adulthood* yang menjalani hubungan romantis. Hipotesis pada penelitian ini yaitu adanya hubungan positif antara kelekatan cemas dan ketergantungan emosional pada perempuan *emerging adulthood* yang menjalani hubungan romantis. Responden penelitian ini didapatkan melalui teknik *purposive sampling*. Penelitian ini melibatkan 161 responden yang merupakan perempuan berusia 18 hingga 25 tahun yang sedang menjalani hubungan romantis minimal satu tahun. Alat ukur dari penelitian ini meliputi Skala Kelekatan Cemas yang berjumlah 40 item ($\alpha = 0,916$) dan Skala Ketergantungan Emosional yang terdiri dari 33 item ($\alpha = 0,887$). Hasil analisis menggunakan teknik *Spearman's Rho* menunjukkan bahwa kelekatan cemas memiliki hubungan positif dengan ketergantungan emosional ($r = 0,626$, $p < 0,001$). Berdasarkan hasil analisis tersebut maka hipotesis diterima, bahwa terdapat hubungan positif antara kelekatan cemas dan ketergantungan emosional pada perempuan *emerging adulthood* yang menjalani hubungan romantis. Hasil deskriptif perbandingan teoritis dan empiris kelekatan cemas menunjukkan hasil data cenderung masuk dalam kategori tinggi, sementara ketergantungan emosional masuk dalam kategori rendah.

Kata kunci: kelekatan cemas, ketergantungan emosional, hubungan romantis

***THE RELATIONSHIP BETWEEN ANXIOUS ATTACHMENT AND
EMOTIONAL DEPENDENCE IN EMERGING ADULTHOOD WOMEN IN
ROMANTIC RELATIONSHIPS***

ABSTRACT

Putri, Angela Edeline Alma Putri. 2026. The relationship between anxious attachment and emotional dependence in emerging adulthood women in romantic relationships. Thesis. Yogyakarta: Department of Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to examine the relationship between anxious attachment and emotional dependence among emerging adulthood women in romantic relationships. The hypothesis of this study is that there is a positive relationship between anxious attachment and emotional dependence among emerging adulthood women in romantic relationships. The study participants were recruited using purposive sampling techniques. This study involved 161 respondents, who were women aged 18 to 25 years currently in a romantic relationship for at least one year. The measurement instruments used in this study included the Anxious Attachment Scale consisting of 40 items ($\alpha = 0,916$) and the Emotional Dependency Scale consisting of 33 items ($\alpha = 0,887$). Analysis using Spearman's Rho revealed that anxious attachment has a positive relationship with emotional dependence ($r = 0,626$, $p < 0,001$). Based on these results, the hypothesis is accepted: there is a positive relationship between anxious attachment and emotional dependence among emerging adulthood women in romantic relationships. The descriptive results of the theoretical and empirical comparison of anxiety attachment indicate that both tend to fall into the low category. The comparison of theoretical and empirical means revealed that anxious attachment tended to be in the high category, while emotional dependency was categorized as low.

Keywords: anxious attachment, emotional dependence, romantic relationships