

HUBUNGAN ANTARA *ADULT ATTACHMENT* DENGAN KEKERASAN DALAM HUBUNGAN ROMANTIS PADA DEWASA AWAL

ABSTRAK

Stevani, Maria. 2026. Hubungan Antara Adult Attachment dengan Kekerasan dalam Hubungan Romantis pada Dewasa Awal. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *adult attachment* dengan kekerasan dalam hubungan romantis pada dewasa awal. Hipotesis penelitian meliputi adanya hubungan positif antara *attachment anxiety* dengan kecenderungan melakukan atau mengalami kekerasan dalam hubungan romantis pada dewasa awal, serta adanya hubungan positif antara *attachment avoidance* dengan kecenderungan melakukan atau mengalami kekerasan dalam hubungan romantis pada dewasa awal. Responden penelitian berjumlah 306 dewasa awal berusia 18-40 tahun. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional dan teknik *convenience sampling*. Instrumen dalam penelitian ini adalah *Experiences in Close Relationships - Revised (ECR-R)* dan *The Revised Conflict Tactics Scale - Short Form (CTS2-Sf)* yang telah diterjemahkan oleh peneliti. Skala *Experiences in Close Relationships - Revised (ECR-R)* terdiri dari 36 aitem dengan koefisien reliabilitas $\alpha = 0.920$ untuk *attachment anxiety*, dan $\alpha = 0.891$ untuk *attachment avoidance*. Skala *Conflict Tactics Scale - Short Form (CTS2-Sf)* terdiri dari 20 aitem dengan koefisien reliabilitas $\alpha = 0.895$. Analisis data menggunakan teknik *Spearman's Rho* karena data tidak berdistribusi normal tetapi linear. Hasil penelitian menunjukkan adanya hubungan positif antara *attachment anxiety* dan *attachment avoidance* dengan kecenderungan melakukan atau mengalami kekerasan dengan nilai korelasi sebesar $r = 0.449$ dan signifikan $p < 0.001$ pada *attachment anxiety* dengan kekerasan, dan $r = 0.165$ dan signifikan $p = 0.002$ pada *attachment avoidance* dengan kekerasan. Semakin tinggi *attachment anxiety* dan *attachment avoidance*, semakin tinggi pula kecenderungan melakukan atau mengalami kekerasan dalam hubungan romantis.

Kata kunci : *adult attachment*, kekerasan, hubungan romantis, dewasa awal

**THE RELATIONSHIP BETWEEN ADULT ATTACHMENT AND VIOLENCE
IN ROMANTIC RELATIONSHIPS AMONG EARLY ADULTS**

ABSTRACT

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This study aimed to examine the relationship between adult attachment and violence in romantic relationships among emerging adults. The research hypotheses proposed a positive relationship between attachment anxiety and the tendency to perpetrate or experience violence in romantic relationships among emerging adults, as well as a positive relationship between attachment avoidance and the tendency to perpetrate or experience violence in romantic relationships among emerging adults. The participants consisted of 306 emerging adults aged 18–40 years. This study employed a quantitative approach with a correlational design and convenience sampling technique. The instruments used were the Experiences in Close Relationships–Revised (ECR-R) and the Revised Conflict Tactics Scale–Short Form (CTS2-SF), both of which were translated by the researcher. The Experiences in Close Relationships–Revised (ECR-R) consisted of 36 items, with reliability coefficients of $\alpha = .920$ for attachment anxiety and $\alpha = .891$ for attachment avoidance. The Conflict Tactics Scale–Short Form (CTS2-SF) consisted of 20 items, with a reliability coefficient of $\alpha = .895$. Data were analyzed using Spearman's rho correlation because the data were not normally distributed but met the assumption of linearity. The results indicated significant positive relationships between attachment anxiety and violence in romantic relationships ($r = .449, p < .001$), as well as between attachment avoidance and violence in romantic relationships ($r = .165, p = .002$). These findings suggest that higher levels of attachment anxiety and attachment avoidance are associated with a greater tendency to perpetrate or experience violence in romantic relationships.

Keywords: adult attachment, violence, romantic relationships, early adulthood