

ABSTRAK

Soesanto, Amellia. 2026. Hubungan religiusitas dan self-esteem pada emerging adulthood. *Skripsi*. Yogyakarta : Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk menguji hubungan antara religiusitas dan *self-esteem* pada *emerging adult*. Hipotesis yang diajukan pada penelitian ini adalah terdapat hubungan positif antara religiusitas dan *self-esteem* pada *emerging adult*. Responden pada penelitian ini berjumlah 227 individu yang berusia 18-25 tahun dan menganut salah satu agama di Indonesia, diantaranya Kristen, Katolik, Islam, Hindu, Buddha, dan Konghucu. Penelitian ini menerapkan pendekatan kuantitatif dengan jenis penelitian korelasional. Sampel diambil menggunakan teknik *non-probability sampling*. Alat yang digunakan dalam mengumpulkan data untuk mengukur religiusitas adalah Centralitu of Religiosity Scale-15 (CRS-15) yang telah diadaptasi oleh Latifa dkk. (2021), sedangkan untuk mengukur *self-esteem* adalah Rosenberg Self-Esteem Scale (RSES) yang diterjemahkan ke dalam bahasa inggris melalui proses *backward translation*. Kedua skala bersifat unidimensional dengan Skala Likert 4 poin. Validitas isi diperoleh melalui *expert judgment* dan *peer review*. Didapatkan hasil reliabilitas CRS-15 sebesar .755 dan RSES sebesar .756 Data penelitian ini dianalisis dengan menggunakan teknik *Spearman's Rho* karena kedua variabel tidak berdistribusi secara normal. Hasil analisis menunjukkan terdapat hubungan positif yang signifikan dengan kekuatan sedang antara religiusitas dan *self-esteem*. Artinya, hipotesis diterima dan dapat disimpulkan semakin tinggi tingkat religiusitas individu pada fase *emerging adulthood*, semakin tinggi juga *self-esteem* yang dimiliki.

Kata kunci: religiusitas, *self-esteem*, *emerging adulthood*.

ABSTRACT

Soesanto, Amellia . 2026. Relationship between religiosity and self-esteem in emerging adulthood. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

This study aimed to examine the relationship between religiosity and self-esteem in emerging adult. The hypothesis proposed in this study was that there is a positive relationship between religiosity and self-esteem in emerging adult. The respondents consisted of 227 individuals aged 18–25 years who adhered to one of the religions recognized in Indonesia, including Christianity, Catholicism, Islam, Hinduism, Buddhism, and Confucianism. This study employed a quantitative approach with a correlational research design. Samples were collected using a non-probability sampling technique. The instrument used to measure religiosity was the Centrality of Religiosity Scale-15 (CRS-15), which had been adapted by Latifa et al. (2021), while self-esteem was measured using the Rosenberg Self-Esteem Scale (RSES), which was translated into Indonesian through a backward translation process. Both scales are unidimensional with a 4-point Likert scale. Content validity was established through expert judgment and peer review. The reliability coefficients obtained were 0.755 for the CRS-15 and 0.756 for the RSES. The data were analysed using the Spearman's Rho technique, as both variables did not meet the assumption of normal distribution. The results indicated a significant positive relationship with moderate strength between religiosity and self-esteem. Thus, the hypothesis was accepted, and it can be concluded that the higher the level of religiosity in emerging adulthood individuals, the higher their self-esteem tends to be.

Keywords: *religiosity, self-esteem, emerging adulthood..*