

HUBUNGAN *INTERNALIZED MISOGYNY* DENGAN *ANXIOUS ATTACHMENT* PADA WANITA DEWASA AWAL

ABSTRAK

Sumeisey, Ludwina. *Hubungan Internalized Misogyny dengan Anxious Attachment pada Wanita Dewasa Awal*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara misogini terinternalisasi (*internalized misogyny*) dengan kelekatan cemas (*anxious attachment*) pada wanita dewasa awal. Budaya patriarki yang melabeli perempuan secara negatif berpotensi memicu rendahnya nilai diri (*self-worth*), yang kemudian diinternalisasikan secara tidak sadar sebagai misogini terinternalisasi (*internalized misogyny*). Kondisi psikologis tersebut diduga dapat memperburuk kelekatan cemas (*anxious attachment*) atau kecemasan dalam hubungan interpersonal. Penelitian kuantitatif korelasional ini melibatkan 350 partisipan wanita dewasa awal berusia 18–40 tahun yang sedang atau pernah menjalin hubungan romantis, yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan secara daring menggunakan *Google Form* melalui dua instrumen yang telah diadaptasi ke dalam Bahasa Indonesia dengan prosedur *back-translation*, yaitu *Internalized Misogyny Scale* (IMS) dan *Experiences in Close Relationships-Revised* (ECR-R).

Hasil uji deskriptif menunjukkan mayoritas partisipan memiliki tingkat misogini terinternalisasi (*internalized misogyny*) (63,4%) dan kelekatan cemas (*anxious attachment*) (72,0%) yang tinggi. Karena data tidak berdistribusi normal berdasarkan uji Shapiro-Wilk, pengujian hipotesis dilakukan menggunakan uji korelasi Spearman. Hasil analisis menunjukkan nilai koefisien korelasi sebesar $r = 0,642$ dengan signifikansi $p < 0,001$. Berdasarkan hasil tersebut, hipotesis alternatif (H_a) diterima, yang membuktikan adanya hubungan positif yang signifikan dalam kategori kuat antara misogini terinternalisasi (*internalized misogyny*) dan kelekatan cemas (*anxious attachment*) pada wanita dewasa awal. Semakin tinggi tingkat misogini terinternalisasi (*internalized misogyny*), maka semakin tinggi pula tingkat kecenderungan kelekatan cemas (*anxious attachment*) individu.

Kata Kunci: *Anxious Attachment, Internalized Misogyny, Wanita Dewasa Awal.*

**THE RELATIONSHIP BETWEEN INTERNALIZED MISOGYNY AND
ANXIOUS ATTACHMENT IN EARLY ADULT WOMAN**

ABSTRACT

Sumeisey, Ludwina. *The Relationship between Internalized Misogyny and Anxious Attachment in Early Adult Women*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

This study aims to investigate the relationship between internalized misogyny and anxious attachment in early adult women. Patriarchal culture, which labels women negatively, has the potential to trigger low self-worth, which is then unconsciously internalized as internalized misogyny. This psychological condition is presumed to exacerbate anxious attachment or anxiety in interpersonal relationships. This quantitative correlational study involved 350 early adult female participants aged 18–40 who are currently or have been in a romantic relationship, selected using a purposive sampling technique. Data collection was conducted online via Google Forms using two instruments adapted into Indonesian through a back-translation procedure: the Internalized Misogyny Scale (IMS) and the Experiences in Close Relationships-Revised (ECR-R).

Descriptive test results indicated that the majority of participants exhibited high levels of internalized misogyny (63.4%) and anxious attachment (72.0%). Because the data were not normally distributed based on the Shapiro-Wilk test, hypothesis testing was performed using the Spearman correlation test. The analysis revealed a correlation coefficient value of $r = 0.642$ with a significance of $p < 0.001$. Based on these results, the alternative hypothesis (H_a) is accepted, proving a significant positive relationship in the strong category between internalized misogyny and anxious attachment in early adult women. The higher the level of internalized misogyny, the higher the tendency for anxious attachment in individuals.

Keywords: Anxious Attachment, Early Adult Women, Internalized Misogyny