

**HUBUNGAN ANTARA MODEL ATTACHMENT MASA DEWASA DAN
RYFF PSYCHOLOGICAL WELL-BEING DIMENSI SELF-ACCEPTANCE,
AUTONOMY, DAN POSITIVE RELATIONSHIPS WITH OTHER
PADA MAHASISWA PSIKOLOGI
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ABSTRAK

Penelitian kuantitatif korelasional ini bertujuan untuk mengetahui hubungan antara model *attachment* masa dewasa dan Ryff *Psychological Well-Being* dimensi *self-acceptance* (SA), *autonomy* (A), dan *positive relationships with other* (PRO) pada mahasiswa psikologi. Hipotesis penelitian menyatakan ada hubungan signifikan antara model *attachment* pada masa dewasa dan Ryff *Psychological Well-Being* dimensi *self-acceptance*, *autonomy*, dan *positive relationships with other*. Subjek penelitian adalah 82 mahasiswa semester 4 Fakultas Psikologi Universitas Sanata Dharma yang dipilih secara *purposive*. Data dikumpulkan dengan *Relation Style Questionnaire* (RSQ) dan 18 item tambahan serta Skala Ryff's *Psychological Well-Being* (RPWB). Hasil analisis korelasi *Pearson product moment* dan *Spearman Rank* menunjukkan sembilan antarvariabel memiliki hubungan signifikan dan tiga antarvariabel memiliki hubungan tidak signifikan. Hubungan positif signifikan ditemukan antara model *secure* dan dimensi SA, A, PRO. Hubungan negatif signifikan ditemukan antara model *preoccupied* dan dimensi SA, PRO. Hubungan negatif tidak signifikan ditemukan antara model *preoccupied* dan dimensi A. Hubungan negatif signifikan ditemukan antara model *fearful* dan dimensi SA, PRO. Hubungan negatif tidak signifikan ditemukan antara model *fearful* dan dimensi A. Hubungan positif signifikan ditemukan antara model *dismissing* dan dimensi SA, A. Hubungan negatif tidak signifikan ditemukan antara model *dismissing* dan dimensi PRO.

Kata Kunci: model *attachment* masa dewasa, Ryff *Psychological well-being*

**THE CORRELATION BETWEEN ADULT ATTACHMENT STYLE
AND RYFF PSYCHOLOGICAL WELL-BEING DIMENSIONS OF
SELF-ACCEPTANCE, AUTONOMY, AND POSITIVE RELATIONSHIPS
WITH OTHER AMONG PSYCHOLOGY
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ABSTRACT

This quantitative correlational research aims to investigate the correlation between adult attachment style and Ryff Psychological Well-Being dimensions of self-acceptance, autonomy, and positive relationships with other. The hypothesis says there is a significant correlation between adult attachment style and Ryff Psychological Well-Being dimensions of self-acceptance (SA), autonomy (A), and positive relationships with other (PRO). The purposively selected subjects of this research were eightytwo at fourth semester students of Psychology Faculty of Sanata Dharma University. Data were collected with the Relationship Style Quetionnaire (RSQ) plus 18 items and Ryff's Psychological Well-Being Scale (RPWB). The results of Pearson product moment correlation and Spearman Rank correlation show that nine hypotheses are accepted and three hypotheses are rejected. It means that nine variables have a significant correlation and three variables have no significant correlation. Secure has a significant positive correlation with SA, A, PRO. Preoccupied has a significant negative correlation with SA, PRO. Preoccupied has no significant negative correlation with A. Fearful has a significant negative correlation with SA, PRO. Fearful has no significant negative correlation with A. Dismissing has a significant positive correlation with SA, A. Dismissing has no significant negative correlation with PRO.

Keywords: adult attachment style, ryff psychological well-being