

HUBUNGAN ANTARA KELEKATAN TERHADAP IBU DENGAN TINGKAT STRES PADA MAHASISWA PERANTAU

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ABSTRAK

Penelitian ini bertujuan untuk melihat hubungan antara kelekatan terhadap ibu dengan tingkat stres pada mahasiswa perantau. Hipotesis yang diajukan adalah ada hubungan negatif antara kelekatan terhadap ibu dengan tingkat stres pada mahasiswa perantau. Jenis penelitian ini adalah kuantitatif dengan metode korelasional. Subjek dalam penelitian ini berjumlah 258 mahasiswa perantau yang tidak tinggal bersama dengan orang tua, khususnya ibu. Dalam penelitian ini, tingkat stres diukur dengan tiga skala yang telah diadaptasi, yakni skala *Symptoms of Stress* (SOS) dengan koefisien reliabilitas hasil uji coba ($\alpha = 0.83$); skala *The Inventory of Students' Recent Life Experiences* (ICSRLE) dengan koefisien reliabilitas hasil uji coba ($\alpha = 0.93$); dan skala *Perceived Stress Scale* (PSS) dengan koefisien reliabilitas hasil uji coba ($\alpha = 0.81$). Kelekatan terhadap ibu diukur dengan adaptasi skala *Inventory of Parent and Peer Attachment (Mother Version)* dengan koefisien reliabilitas hasil uji coba ($\alpha = 0.86$). Hasil uji korelasi *product moment* secara berturut-turut antara kelekatan terhadap ibu dengan SOS, ICSRLE, dan PSS adalah $r = -0.192$ ($p = 0.01$), $r = -0.356$ ($p = 0.00$), dan $r = -0.140$ ($p = 0.12$), sehingga hipotesis diterima. Kesimpulan dari penelitian ini adalah ada hubungan negatif antara kelekatan terhadap ibu dengan tingkat stres pada mahasiswa perantau.

Kata kunci: kelekatan terhadap ibu, tingkat stres, mahasiswa perantau.

CORRELATION BETWEEN ATTACHMENT TO MOTHERS AND STRESS LEVEL ON SOJOURNER COLLEGE STUDENTS

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ABSTRACT

This research aimed to know the correlation between attachment to mothers and stress level on sojourner college students. Hypothesis that proposed in this research, there is a negative correlation between attachment to mothers and stress level on sojourner college students. This research was quantitative study using a correlation method. Participants were 258 sojourner who are currently not living with their parents, more specifically their mother. In this research, stress level measured using three adapted scale which were The Symptoms of Stress (SOS) with a reliability coefficient of ($\alpha = 0.83$) through try-outs; The Inventory of College Students' Recent Life Experiences (ICSRLE) with a reliability coefficient of ($\alpha = 0.93$) through try-outs; and The Perceived Stress Scale (PSS) with a reliability coefficient of ($\alpha = 0.81$) through try-outs. The mother-child attachment was measured with Inventory of Parent and Peer Attachment (Mother Version) scale, with a ($\alpha = 0.86$) reliability coefficient through try-outs. The results of a product moment correlation method that were tested on the mother-child attachment wit SOS, ICSRLE, and PSS, were $r = -.192$ ($p = 0.01$), $r = -0.356$ ($p = 0.00$), and $r = -0.140$ ($p = 0.12$) so the hypothesis in this research was accepted. The conclusion, there is a negative correlation between attachment to mothers and stress level on sojourner college students.

Keyword: attachment to mothers, stress level, sojourner college students

