

Hubungan antara kualitas attachment dan psychological well-being pada remaja dari keluarga miskin perkotaan = The relationship between quality of attachment and psychological well-being among adolescence from poor urban family

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Abstrak

Penelitian ini bertujuan untuk melihat apakah terdapat hubungan antara kualitas attachment dan psychological well-being pada remaja dari keluarga miskin perkotaan. Attachment dibagi dalam dua kelompok figur yang paling dekat diusia remaja yakni orangtua dan peer. Variabel kualitas attachment pada orangtua dan peer diukur menggunakan The Inventory Parent Peer Attachment (IPPA Revision) yang terdiri dari masing-masing 12 item pada bagian orangtua dan peer yang mencakup dimensi communication, trust dan alienation.

Alat ukur ini telah divalidasi dan diterjemahkan oleh peneliti dari alat ukur asli yang dibuat Armsden dan Greenberg (1987). Variabel lainnya yakni psychological well-being diukur dengan alat ukur self-report yang diadaptasi dari penelitian oleh Putri (2012), yang menggunakan Ryff's Scale of Psychological Well-Being (RPWB) (1989). Penelitian melibatkan 122 partisipan laki-laki dan perempuan dengan proporsi yang sama berusia 11-18 tahun dan berasal dari daerah Jabodetabek.

Hasil penelitian menunjukkan bahwa terdapat hubungan positif yang signifikan antara kualitas attachment pada orangtua dan peer dengan psychological well-being dimana jika remaja memiliki kualitas attachment yang tinggi maka ia akan memiliki psychological well-being yang tinggi. Namun, dalam penelitian ini ditemukan bahwa tidak terdapat hubungan antara variabel lain yang menjadi karakteristik partisipan seperti jenis kelamin, usia, jumlah teman, jumlah saudara kandung dan urutan kelahiran terhadap kualitas attachment dan psychological well-being.

.....The objective of this research is to investigate the correlation between quality of attachment and psychological well-being among adolescent from poor urban family. Attachment divided into two figure groups that closer to adolescent group, parents and peer. Quality of attachment to parents and peer was measured using used The Inventory Parent Peer Attachment (IPPA Revision) which consist of 12 items each in parents's and peer's part which cover communication, trust and alienation's dimension.

This measurement is validated and translated by researcher from the original measurement created by Armsden and Greenberg (1987). Psychological well-being was measured using self-report scale which is adopted by Putri (2012) from Ryff's Scale of Psychological Well-Being (RPWB) (1989). The respondents of this research are 122 male and female adolescents with the same proportion from age 11-18 years old and living in Jabodetabek area.

The result of the research shows that quality of attachment to parents and peer with psychological well-being are significantly and positively correlated when adolescents's quality of attachment is high they will have a high score on psychological well-being too. Furthermore, this research found there is no correlation among the others variables which are the characteristics of respondents, sex, age, number of peer, number of siblings, and birth order to quality of attachment and psychological well-being.