

Common dan negative dyadic coping sebagai moderator hubungan anxiety attachment dengan kepuasan pacaran jarak jauh = Common and negative dyadic coping as moderator between anxiety attachment and relationship satisfaction on long distance relationship

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Abstrak

Kepuasan hubungan pacaran jarak jauh merupakan hal yang dipengaruhi oleh berbagai faktor, termasuk diantaranya adalah attachment dan dyadic coping. Individu dengan anxiety attachment relatif sulit mencapai hubungan yang memuaskan, terlebih dalam kondisi terpisah oleh jarak. Penelitian dilakukan untuk melihat apakah common dan negative dyadic coping memiliki peran moderasi di dalam hubungan antara anxiety attachment dengan kepuasan berpacaran. Data diperoleh dengan menggunakan Experience in Close Relationship-Revised untuk mengukur anxiety attachment, Dyadic Coping Inventory untuk mengukur common dyadic coping dan negative dyadic coping, serta Relationship Assessment Scale untuk mengukur kepuasan hubungan pada individu yang menjalani pacaran jarak jauh. Penelitian pada 270 dewasa muda menemukan bahwa terdapat hubungan yang signifikan negatif antara anxiety attachment dan kepuasan pacaran jarak jauh ($r = -0.51$, $p < .01$). Akan tetapi, tidak ditemukan adanya efek moderasi dari common dan negative dyadic coping di dalam hubungan tersebut ($p > 0.05$). Perkembangan attachment, konteks hubungan pacarana serta keterpisahan jarak dinilai merupakan faktor yang mempengaruhi hal tersebut.

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Satisfaction in long distance relationships is influenced by various factors, including attachments and dyadic coping. Individuals with anxiety attachment are relatively difficult to achieve a satisfying relationship, especially in the condition when their partner is separated by distance with them. The study was conducted to see whether common dyadic coping and negative dyadic coping have a moderating role in the relationship between anxiety attachment and relationship satisfaction. Data is obtained using the Experience in Close Relationship-Revision (ECR-R) to measure anxiety attachment, Dyadic Coping Inventory (DCI) to measure common and negative dyadic coping, and Relationship Assessment Scale (RAS) to measure relationship satisfaction. Research conducted on 270 young adults found that there is a significant negative relationship between anxiety attachment and relationship satisfaction ($r = -0.511$, $p < 0.01$). However, no moderating effects of common dyadic coping and negative dyadic coping are found in this research ($p > 0.05$). The duration of attachments, the status of the relationships, and separation with partner are considered to be factors that influence the result.