

Pola attachment sebagai moderator antara keintiman dan kepuasan hubungan berpacaran pada dewasa muda = Attachment style as a moderator between intimacy and dating relationship satisfaction in young adults

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Abstrak

Menjalani hubungan romantis yang memuaskan merupakan tugas perkembangan yang khas pada dewasa muda. Intimacy merupakan salah satu faktor penting dalam hubungan romantis, yang telah konsisten ditemukan mempengaruhi kepuasan hubungan. Penelitian-penelitian sebelumnya meneliti pola attachment sebagai faktor individual yang mempengaruhi baik intimacy maupun kepuasan hubungan. Pola avoidant dan anxious attachment yang memanifestasikan rasa tidak amannya dengan menghindari atau mencemaskan hubungan romantisnya berkorelasi negatif dengan tingkat intimacy dan kepuasan hubungan. Penelitian ini bertujuan untuk menguji efek pola avoidant dan anxious attachment sebagai moderator antara intimacy dan kepuasan hubungan berpacaran pada dewasa muda. Sebanyak 881 dewasa muda (18-30 tahun) berpartisipasi dalam penelitian. Intimacy diukur menggunakan Personal Assessment of Intimacy in Relationships (Schaefer & Olson, 1981; Constant dkk, 2016); pola attachment diukur menggunakan Experiences in Close Relationships-Revised (Fraley, Waller, & Brennan, 2000); dan kepuasan hubungan diukur menggunakan Relationship Assessment Scale (Hendrick, 1988). Hasil penelitian menunjukkan bahwa (1) intimacy dapat memprediksi kepuasan hubungan secara signifikan; (2) avoidant dan anxious attachment tidak signifikan memoderatori hubungan antara engagement dan communication intimacy dengan kepuasan hubungan; dan (3) pola anxious attachment signifikan memoderatori hubungan antara shared friends intimacy dan kepuasan hubungan. Dengan demikian, pengalaman shared friends intimacy dapat memberikan kepuasan hubungan yang lebih tinggi bagi individu dengan tingkat anxious attachment yang lebih tinggi.

.....Having a satisfying romantic relationship is a typical developmental task for young adults. Intimacy is one of the important factors in romantic relationships, consistently found to affect relationship satisfaction. Previous studies have examined attachment style as the individual factor that influences both intimacy and relationship satisfaction. Avoidant and anxious attachment, which manifest their feelings of insecurity by avoiding or worrying about their relationship, negatively correlated with intimacy and relationship satisfaction. This study aims to test the effect of avoidant and anxious attachment style as a moderator between intimacy and relationship satisfaction. A sample of 881 young adults (18-30 years old) participated in the study. Intimacy was measured using the Personal Assessment of Intimacy in Relationships (Schaefer & Olson, 1981; Constant et al, 2016); attachment style was assessed using the Experiences in Close Relationships-Revised (Fraley, Waller, & Brennan, 2000); and relationship satisfaction was measured using the Relationship Assessment Scale (Hendrick, 1988). Results showed that (1) intimacy significantly predicted relationship satisfaction; (2) neither avoidant nor anxious attachment significantly moderated the relationship between engagement and communication intimacy with relationship satisfaction; and (3) anxious attachment significantly moderated the relationship between shared friends intimacy and relationship satisfaction. Thus, the experience of shared friends intimacy can promote higher relationship satisfaction for individuals with higher level of anxious attachment.